

# HarlowStar

THURSDAY, NOVEMBER 1, 2018

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OF TOWN DESERVE  
THE BAD REP?

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## Pothole fall injuries boy, 3

MUM:  
'NOTHING  
HAS  
BEEN  
DONE,  
IT'S JUST  
NOT SAFE'

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### ROBERT HALFON MP WORKING HARD FOR HARLOW AND THE VILLAGES

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### CONTACTS



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If we have published anything that is factually

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Head to Harlow Town Park for fireworks this Sunday

### EYES ON THE SKIES

**BISHOP'S STORTFORD FIREWORKS:** Bishop's Stortford RFC, Silver Leys, Hadham Road, Saturday, November 3, 7pm

■ One of the largest firework displays in the Bishop's Stortford area, there will be live music, a fairground, a barbecue, a fully stocked bar and hot beverages.

Gate opens at 5pm. Skies alight at 7pm. Tickets prices when purchased in advance: £5 adults, £15 family (two adults and two children), £3 extra child (2-17 years). Children under two are free. Tickets can also be purchased from the rugby club or local (Bishop's Stortford, Stansted and Sawbridgeworth) offices of Intercounty.

Tickets can be paid for on the night (cash only) but prices are slightly increased to family £18, adult £8, extra child £5.

For tickets go to [www.bsrftickets.co.uk](http://www.bsrftickets.co.uk). For more details visit: [www.bsrfc.co.uk](http://www.bsrfc.co.uk)

### KNOCKOUT BRUNO SHOW

**24K BRUNO:** Harlow Playhouse, Playhouse Square, Friday, November 2, 7.30pm

■ 24K Bruno is powerful, energetic and the tribute concert to the number one selling artist Bruno Mars.

With live vocals from the talented Andres Cruz, explosive sound, lights, screens, 12 professional dancers (from local talented favourites Hip Hop Pop), and an incredible live band who have performed with the likes of The Saturdays, Kim Wilde, Lil Chris and more.

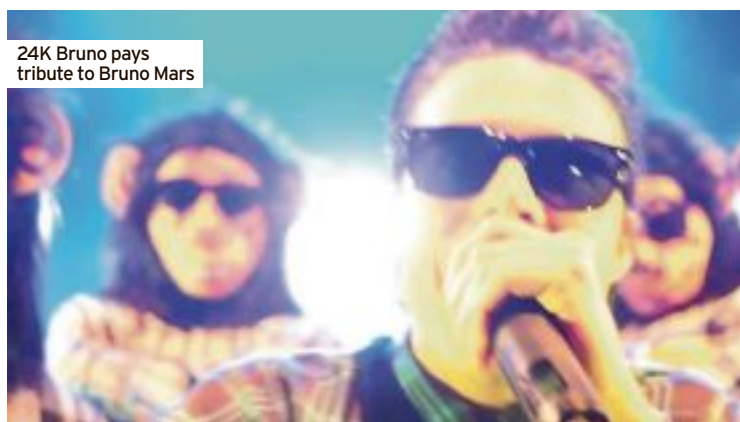
Featuring hits from Bruno's Doo-Wops and Hooligans, Unorthodox Jukebox, and 24K Magic albums, including Locked out of Heaven, Treasure, Gorilla, Uptown Funk, Versace on the Floor, Finesse and more.

This show will have you on your feet dancing and singing along with all your favourite Bruno hits, while being immersed in the amazing sound, vocals and slick dance moves. Tickets from £19. For more details visit: [www.harlowplayhouse.co.uk](http://www.harlowplayhouse.co.uk)

### BONFIRE AND FIREWORKS

**HARLOW'S BONFIRE AND FIREWORKS NIGHT:**

24K Bruno pays tribute to Bruno Mars



Essex Showground, Harlow Town Park, Park Lane, Sunday, November 4, 6pm

■ Harlow Council's annual free-admission bonfire and fireworks night with support from Great Parndon Community Association.

There will be music, dance, comedy and more before the display begins at the Playhouse Stage from 6pm.

Bonfire lit at 6.45pm and Fireworks display starts 7pm. There will also be a food and refreshments village.

For full details on the event and road closures, visit [www.harlow.gov.uk/bonfire-fireworks-night](http://www.harlow.gov.uk/bonfire-fireworks-night)

### REMEMBERING A LEGEND

**VOICE OF THE HEART - KAREN CARPENTER:** 1-3 South Road, Bishop's Stortford CM23 3JG, Friday, November 2, 7.30pm

■ A terrific show from the producers of the hit musical Forever In Blue Jeans.

It is now just over 30 years since the legendary Karen Carpenter passed away, leaving behind an amazing catalogue of hit songs and golden memories and is still played daily on radio stations throughout the UK.

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# What's ON

NEAR YOU  
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MORE

With superb vocals from Carole Gordon and outstanding talent from the brilliant Blue Jeans Band and singers it will be a "sparkling" night to remember.

After a hugely successful tour in 2016, Voice Of The Heart has a brand new show which began in 2017 featuring even more timeless classics from The Carpenters.

Tickets £21.50. For more details visit: [www.rhodesartscomplex.co.uk](http://www.rhodesartscomplex.co.uk)

### CRAFTY AT CHRISTMAS

**WE ARE HANDMADE CHRISTMAS CRAFT FAIR:** Foakes Hall, Stortford Road, Great Dunmow, Saturday, November 3, 10am - 4pm

■ This event will showcase a wide range of quality handmade items, with many stallholders taking commissions.

This is a great place to find unique, well-designed handmade presents - if you are looking for something a bit different this Christmas then you'll be spoilt for choice with over 30 stalls to browse. A list of stallholders attending the Fair can be found at [www.wearhandmade.co.uk](http://www.wearhandmade.co.uk). Cathy Russell from the Guild of Essex Craftsmen will be demonstrating the art of quilling throughout the day.

Plum Fairy will be running the tearoom serving tea and cake. For more details visit: [www.facebook.com/events/158651488259875/?active\\_tab=about](https://www.facebook.com/events/158651488259875/?active_tab=about)





# Happy days are here as Smiler celebrates her 102nd birthday

By **CHARLOTTE PAGE**

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@journalpage

A GREAT-GRAN with a love for animals, nicknamed "Smiler", has celebrated her 102nd birthday in style.

Ivy Edmonston celebrated her birthday at Ashlyn's Care Home last Sunday with her family by her side.

The mother-of-four worked as a French polisher which saw her move from Walthamstow to Harlow when the town was first built.

Ivy worked all her life until a breast cancer diagnosis meant that she had to give up.

Daughter Pauline Varcoe, 80, said: "She's always been hard working. She went to work and she brought us all up. She then remarried and she was still a hard worker."

Ivy, who has seven grandchildren and ten great-grandchildren, adores animals and enjoys visits to Ashlyn's from

## FAMILY JOIN IVY FOR CUPPA AND CAKE

Pets of Therapy Dogs.

"If she was to see an animal out on the road hurt, she would take it home and get it better," continued Pauline. "She found a sparrow and it had got run over by a car. She got it better and when it was better it flew off."

"My brother Tony, he had a poodle and it had been badly treated."

"My mum saw it and fell in love and he said to her 'Mum I can't let you have this dog because she's in a bad way.' She had no fur - nothing, and she said 'no, I'll get it better.'"

Bonnie the poodle recovered, grew fur, and never left Ivy's side. From that point, she always had a dog, as well as cockatiels.

Ivy is a firm favorite at Ashlyn's, situated in Vicarage Wood,



Ivy is popular at Ashlyn's Care Home

where she has lived for the past four years.

"All the carers here absolutely adore her," added Pauline. "Whenever they do anything for her, she always gives them a kiss. 'They call her Smiler because she's always got a smile.'"

Pauline said Ivy has been more than any daughter could ever wish for.

"She's been more than a mum, she's been a friend," she said. "When I lost my husband in 1953, she was there for me and then I had to have an opera-

tion on my head because I had cancer - and she came down every day, cooked my dinner and stayed with me and then went home."

Ivy's family say her secret to a long and happy life is to always speak the truth. Ivy also loves music, holidays and enjoys spending time in the garden.

Singer and accordion player Alex Southgate joined Ivy for her celebrations, as did chairwoman of Harlow Council Maggie Hulcoop, before they had tea and cake.

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## News

# Does the north-east part of town deserve its poor reputation?

By ALASDAIR HOOPER

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@adjhooper1992

THE north-east of Harlow town centre has developed something of a reputation - and not necessarily for all the right reasons.

Ask the residents about the area surrounding the underpass that runs below Velizy Avenue - linking Post Office Road with the Hides - and they are unlikely to speak favourably about it.

That area of town has seen plenty of violent crime.

In recent times, on March 28, 2018, Jordan Ogoazi, 20, was jailed at Chelmsford Crown Court for the leading role he played in a brawl outside a nearby Harlow bar that left one man with "part of his arm hanging off".

In July 2018 emergency services were called to nearby Terminus Street, close to Harlow bus station, after a man was left needing treatment for a chest injury.

A man was charged with possessing a knife in a public place following that incident.

With the reputation the area around this underpass has garnered, as well as the unwanted headlines, the Star went to ask residents about whether it is justified or not.

Builder Tim Hobbs, 41, has lived in Harlow all of his life and lives around a mile away from what he refers to as the 'dodgy end'.

"They've had a few people injured and there's been people beaten up and killed down there," he said.

"I'm sure somebody died up the top of those flats as well.

"They've had problems over the other side on the bit coming out of the Post Office.

"That's the dodgy end of town that bit."

Another resident, 67-year-old



Kevin Higgins, said: "This has got a reputation only because it's near the town centre - not the area I would have said.

"Many a time I have walked through the underpass there on a Saturday morning and it has been cordoned off because of a stabbing or something.

"But that's the town centre so in this actual area there's no problem for most of the day.

"It has improved in the last few weeks - there's been no stabbings.

"But I believe that the police presence is a lot greater on a Friday and Saturday night up there.

"There's about two clubs but I

believe one stays open until about 3am or 4am.

"If people can enjoy themselves and just go home then fair enough but it's just the one per cent."

He added: "But it's not just here, it's all over."

With the area garnering such a reputation it is only natural that people who want to live their lives normally feel considerably exasperated over the actions of the minority.

"It does annoy us because it gives us all a bad name and it gives the area a bad name," Mr Higgins continued.

"I've lived around here for many, many years and it's only in the last

ten years with the advent of the clubs you've had the trouble.

"The police are getting on top of it, give them credit, but it's the knife crime. It's worse in London but it's all over.

"Whether it is drug-related I don't know. I'm not an expert."

Mr Hobbs also added: "I don't know if it annoys any of this lot down here but no one wants it.

"There's always something going on but we haven't had anything up this way for maybe about a year."

The nearby pubs and clubs are often cited by residents as a focal point for the trouble.

While plenty of people go out with



the intentions to have a good night out, and nothing else, inevitably there will be some who see their nights spiral out of control in an ugly way.

Whether it is alcohol taking over, or having violent intentions from the get-go, bringing the nightlife under control is important for the residents in reducing the amount of crime in the 'dodgy' part of town.

That inevitably leads to one of the main questions that almost everyone asks - what about the police presence in the area?

While Mr Higgins believes there has been a change in recent weeks and the police are starting to tackle the root problem others still question the presence of officers.

"There's a lack of police presence probably," says one woman who wished to remain unnamed.

"I think they've been cut back to the bone by the government and, although I work full-time, I don't really see that presence."

That was a sentiment shared by Mr Hobbs who said: "I haven't seen a policeman in the town for years.

"Over there on a Friday or Saturday night having them as a visual deterrent wouldn't be too bad with your clubs pouring out and the rest of it.



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The Hides is just outside the north east part of the town centre



The Hides is linked to the town centre and via the underpass

"People come down from outside of Harlow as well, you get some Londoners coming down here.

"I don't know why you'd want to come out clubbing or drinking in Harlow, I'll be honest with you."

What comes across most from the residents is a sense that Harlow as a whole has almost been left behind by the times.

Instead the reputation that the area around this underpass has garnered - as well as other areas of town - is where the focus lies.

That's not something for people to shout about.

"I'll be honest with you, this would be a town I would have moved out of years ago if I could," said Mr Hobbs.

"This town was designed in a special way and it was a good design for

“

I will be honest with you, this would be a town I would have moved out of years ago if I could. This town was designed in a special way and it was a good design for the 60s.

Builder Tim Hobbs

the 60s.

"We are now here 50 years later and it really just does not work.

"You can see over there - look - it's just a mess. It's from an aesthetic

point of view and things to do.

"All the shops have shut down in the town, there's nothing over there.

"It's never been a great town since I've been a kid.

"The town centre should be renovated, or properly renovated, not just tinkered with.

"They've tinkered with the market area more than once and it has been a waste.

"I remember when that market was bustling and now there's about three or four stalls going down that walkway.

"It's a waste of money."

For Mr Higgins it is a case of thinking that the time to completely change the town has probably now passed.

"I don't think they could change

the town now to be honest," he said.

"When I first came down here - I came down as a baby - my father was building the town.

"There was no town centre then when we moved into Harlow.

"The town centre needs a 100 per cent revamp.

"They've spent thousands on table tennis tables made of concrete, and stuff like that, which to me is a complete waste of money.

"I'm not a killjoy but something better could have been done with the money.

"Let's get a proper market back in town - there's only three or four stalls and they're dying a death.

"I go to Epping now and again and on a Monday at the Epping market, you must have over 60 stalls there.

"It's a proper market and they're dragging people in and the shops are happy.

"The only area that I would say is catching the trade is the Water Gardens."

What also comes across from people is that not everything around Harlow is as gloomy as it seems.

For residents, there is a lot of good that goes unnoticed because of the reputation.

"I think it gets a reputation of being a bad place and to me I don't think it is," said an anonymous woman. "I think a lot of people think it's not the youth of Harlow, it's what is coming in from different areas.

"As I say, it gets a reputation for the bad whereas to me there's some very, very good sides as well."

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## News

# Boy injured after bike hits pothole

## MUM IS CRITICAL OF STATE OF UNDERPASS

By **SOPHIE FINNEGAN**

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@sophiefinnegan

AN angry mum from Harlow has criticised the council after her three-year-old son fell into a pothole and suffered two black eyes.

Kirsty Nicol, 27, from Little Grove Field, spent three hours in A&E with her three-year-old son Charlie after he fell face-first into the pavement on Monday, October 22.

Charlie was riding his bike through the underpass on Playhouse Square opposite the Harvey Centre's multistorey car park with his mum when his wheel became lodged in a pothole and fell face-first into the pavement.

Kirsty said: "There's a lot of potholes in that area. My son was on his pushbike when his wheel got stuck

in one of them and he went face-first into the pavement and he got a big bruise and he now has two black eyes.

"We were in A&E for three hours. It was awful. The doctor said because his bumps were soft, they wanted to keep us in overnight before they let him go.

"We kept an eye on him but now he's got two black eyes. I had to keep him home to make sure he was all right."

Angered by the incident and the fact that the potholes weren't marked, Kirsty went down to the council offices the following day to report the incident.

"I went up to Harlow Council on Tuesday and they filled in an incident form and said they were aware of it and that they are still to be

repaired," she explained. "They said it was the weather conditions, but they should either mark them or repair them."

She added: "Those potholes have been there since summer and nothing has been done.

"My nan is disabled and has a wheelchair and she can't even use the underpass and has to go the other way to cross the road. It's just not safe."

Harlow Council confirmed that maintenance for the underpass comes under Essex Highways.

A spokesman for Essex Highways said: "Our inspector has logged the defect and we are planning repairs in due course.

"We do hope the child isn't badly hurt and makes a full and quick recovery."



Harlow mum Kirsty Nicol has criticised the council after her three-year-old son, Charlie, fell into a pothole and suffered two black eyes

CHRIS COOK



## St Mark's West Essex Catholic School

### Sixth Form Opportunities Evening

**Thursday 8 November 2018 7.00 pm - 9.00 pm**

**(The Headteacher and Head of Sixth Form will address parents and students at 7.15 pm)**

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## News

# Driver who broke PC's leg is jailed

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## Chariot register



[16/EM/0213]

Jack Mitchell of Kingsmoor Road, Harlow



**'DANGEROUS INDIVIDUAL WHO WENT TO EXTREME EFFORTS TO EVADE OFFICERS'**

By HANNAH BROWN

[hannah.brown@reachplc.com](mailto:hannah.brown@reachplc.com)  
@essexlive

A DRIVER who broke a police officer's leg after crashing into her with his car has been jailed.

Jack Mitchell, of Kingsmoor Road, Harlow, drove his car at two officers after they approached him as part of their enquiries into another incident on April 24.

Police had initially been responding to reports of concern for the welfare of an 18-year-old woman, with the support of the national Air Police Service.

While dealing with the incident, PC Hayley Robinson approached the 19-year-old who was in a black Audi A5 in Sunderland Road in Sandy, Bedfordshire.

Mitchell then drove at the officers, who tried to take cover in their police car before they were hit.

PC Robinson's leg was broken in the collision, while the other officer was unhurt.

Mitchell initially evaded the officers and left the county, however he was eventually arrested in Essex in August.

PC Robinson said: "In my 14 years as an officer, and having dealt with numerous difficult and volatile individuals, I have never been so fearful for my own safety and that of my colleagues.

"I have suffered agonising physical pain, but more substantially, emotional distress and anguish throughout my recovery. I love my job, however it's been a really tough time and I've battled hard to get myself back to work to continue to serve Bedfordshire. Mitchell is clearly a dangerous individual

who went to extreme efforts to evade officers and I'm glad he has finally been caught and will serve time in prison."

Detective Constable Jo Barkat, who led the investigation, said: "Hayley has been incredibly brave throughout this experience, the impact of which clearly goes beyond the physical trauma she suffered at the time.

"Officers were responding to an incident which had nothing to do with Mitchell, and his subsequent actions were not only dangerous, but needless.

"He went to great lengths to avoid being detained, so I'm glad we were able to trace Mitchell and bring him to justice.

"No one should be put in harm's way simply for doing their job, and this is a stark warning for anyone who tries to hurt a member of the emergency services; it's not acceptable, won't be tolerated, and you will appear will appear before the courts."

Mitchell was sentenced at Luton Crown Court on Friday, October 25, after previously pleading guilty to dangerous driving with intent to cause injury.

Judge Richard Foster jailed Mitchell for two years and three months for this offence, and a further three months for a separate dangerous driving offence in Essex.

Due to Mitchell's age, and personal mitigation, the sentence was reduced to two years.

Mitchell also received a two-year driving ban, to come into effect once his sentence is served.

He must also take an extended driving test.



# Rod Stewart set to sell mansion

**STAR'S ESSEX HOME IS ON THE MARKET FOR £4.7M**



Rod Stewart's house in Essex



**By TOMMY WATHEN**  
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@tommywathen

PICTURES online have shown the incredible former home of Rod Stewart in Essex that is close to being sold for almost £5 million.

Copped Hall, which is located in Epping, is currently under offer with Savills estate agents after being put on the market with a guide price of just under £4.73 million.

The property features a stunning boating lake, swimming pool, formal garden, a tennis court, garages and even a full sized football pitch.

On top of that, the six-double bedroom and five-bathroom property is located on 16.91 acres of land on the fringes of Epping Forest - offering scenic landscapes and plenty of space.

In August, the Mirror Online

reported how the 73-year-old rock singer-songwriter and his wife Penny Lancaster had been trying to sell the picture-perfect property for two years.

Originally, the property was listed on the market for £7.5 million, although it is not under offer for less than £5 million.

As reported by the Mirror Online, Rod Stewart's 47-year-old wife told a property magazine: "Rod and I have found ourselves affected by the recent property stalemate thanks to Brexit. "We can't sell our old place in Essex, The Wood House, despite its unique architecture and strong historical links."

Images from Savills estate agent now show inside the mansion Rod and Penny used to live in when they lived at The Wood House before moving out.

So what is a potential buyer actually getting for their £4.73 million?

As you approach The Wood House, electric gates open up to a driveway that leads you directly through the stunning grounds surrounding the house.

Once inside, you'll find six double bedrooms on the first floor that all have their own individual en-suite facilities and a superb dual aspect second bedroom with a very attractive outlook over the grounds.

A fireplace, raised ceiling and panelled walls help to create a stately feel.

The dressing rooms have Clive Christian fitted wardrobes, a dressing table and a central island with storage underneath and topped with heavy marble.

Back outside and you will also find a detached Tudor-style cottage.



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## News

# Top brands coming to new store

## TESSUTI TO OPEN UP SOON

By **CHARLOTTE PAGE**

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@journopage

A NEW clothing store will open in Harlow town centre in time for Christmas.

Premium-branded retailer Tessuti has chosen The Water Gardens as the location to open its latest store.

The currently vacant unit used to house both Dorothy Perkins and Evans.

Tessuti has more than 20 stores across the UK and will stock a wide selection of high-end menswear and womenswear brands including

Parajumpers, Barbour, Polo Ralph Lauren, Emporio Armani, Hugo Boss and Tommy Hilfiger.

The clothing store will open in mid-December.

A spokesperson from Tessuti's head office said: "Tessuti are proud to be opening at the Water Gardens and we look forward to sharing our favourite brands with Harlow shoppers in time for Christmas."

Centre manager of The Water Gardens, Simon Plumb, said: "We're delighted that Tessuti has chosen to open in the Water Gardens, which has become a real destination

for shoppers.

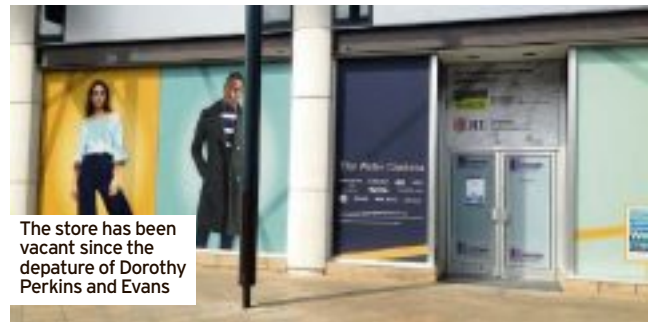
"It will be a fantastic addition to the scheme, offering premium brands that are not currently available in Harlow, and we are confident it will be very popular amongst customers."

Tessuti is the latest store to open in The Water Gardens following the opening of Virgin Holidays in Next and children's toy specialists Totally Toy in Matalan this summer.

For more information visit: [www.tessuti.co.uk](http://www.tessuti.co.uk)



The premium branded retailer will be open mid-December



The store has been vacant since the departure of Dorothy Perkins and Evans

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TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£14,102	£4,370	5,000*	48 MONTHS	3.83%	3.9%



**BRAND NEW VAUXHALL CROSSLAND X**  
1.2 SE 5DR

### Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£219**	£219	£600*	£15,540	£14,721	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£17,145	£6,033	5,000*	48 MONTHS	3.83%	3.9%



**BRAND NEW VAUXHALL GRANDLAND X**  
1.2T SE 5DR

### Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£249**	£249	£1,700*	£21,442	£19,493	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
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# New Beginnings at Herts & Essex

CHANGE is in the air at Herts & Essex! Sixth Formers at the school now have a brand new home. The much awaited Sixth Form Centre opened its doors on 15 October revealing a fantastic new state-of-the-art building. The transformation of the old school gym into the Sixth Form Centre has been watched over the last few months by the whole school

and it is difficult now to believe it was anything other than a purpose-built Sixth Form building!

Students in Years 12 and 13 are enjoying their own dedicated space on the Warwick Road site, something that has been much needed especially as the popularity of the Herts & Essex Sixth Form has seen a significant increase in

numbers in recent years. In addition to the communal area, the accommodation includes a quiet study zone, a café area, library facilities and 'superloos'. It has been a long-awaited project and one that has generated much excitement. With the former Sixth Form spaces having been converted into a fantastic new Drama studio as well as several classrooms, the creation of the Sixth Form Centre is the beginning of something that will be beneficial to the school as a whole.

Described as 'brilliant and modern', 'fantastic' and 'a great space', students are extremely pleased with the new centre. The staff are equally thrilled. Mrs Caroline Lewis, Director of Sixth Form, commented, "Our new home is fantastic! This dedicated area offers a university-style space for students helping them to make an effective transition to independent learning."



She added, "in addition to the high number of computers now available for study, we are looking forward to the flexibility within our new centre to host events, such as those preparing for university and apprenticeship interviews."

The Sixth Form Centre will be on display for the first time to the public at the forthcoming Sixth Form Open Evening which takes place on Wednesday 7 November. Doors open at 6.00 pm with the evening finishing at 8.30 pm.

Prospective Sixth Form students and their parents are warmly invited to Herts & Essex to meet staff and existing Sixth Formers. For further information please see the school website at [www.hertsandessex.herts.sch.uk](http://www.hertsandessex.herts.sch.uk) or call the school on 01279 654127.



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## News

# 86 drivers fined after M11 is closed by collision

By **HANNAH KANE**

[hannah.kane@reachplc.com](mailto:hannah.kane@reachplc.com)  
[@hannahkane\\_](https://twitter.com/hannahkane_)

ESSEX Police has announced action will be taken against 86 drivers following a crash on the M11 which saw an air ambulance land.

A six-vehicle collision on the busy road near Harlow shut the carriageway at around 1.10pm on Saturday (October 27).

The road was shut for around 25 minutes but no one was seriously injured. However, a large number of motorists stuck in the queues took matters into their own hands and police have said they will be fined as a result.

Officers received dozens of video clips from dash cam and mobile phones through the Safer Essex Road Partnerships' Extra Eyes campaign. These clips showed motorists turning



The air ambulance attended the crash on the M11

around and driving the wrong way up the hard shoulder and slip road.

Police have said there is no excuse for this behaviour and will issue each driver with a £100 fine and three points on their driving licence.

Adam Pipe, Essex Police's head of roads policing, said: "Turning around on a road and driving in the other direction is clearly dangerous, there are no excuses."

■ For more visit: [saferessexroads.org/extraeyes/extra-eyes-what-next/](http://saferessexroads.org/extraeyes/extra-eyes-what-next/)

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The Classic 10km Run Series is also taking place at Cheltenham on Sunday September 1st and at Aintree on Sunday September 8th

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## News

Urban explorers climb into an abandoned Harlow tower before it was demolished

# Our last look at Angel Tower



The urban explorers climb into the abandoned building

By **LOTTIE O'NEIL**

lottie.o'neil@reachplc.com  
@lottiethinks

A VIDEO of urban explorers inside an abandoned tower block just weeks before it was demolished gives an eerie idea of how residents lived.

The shell of the former hostel building was mostly intact, with the exception of certain walls or windows which had collapsed completely.

The footage details the state of what was left in the Harlow YWCA tower and how it looked before it became a flat piece of land.

The building, also known as the Angel Tower, housed hundreds of residents, families and those who were vulnerable, and was prominent in the area

## EXPLORERS FILM ABANDONED BLOCK

next to The Square. It was demolished as plans were submitted to build newer homes in the area, but these are yet to be built.

Ryan and his friend dared to go into the building when the site employees were gone, and climbed almost to the top.

He said at one point the pair dived with danger when they opened the fire exit door and there was a straight drop to the ground.

The 23-year-old said: "The tower no longer exists, it was demolished a few months ago and we explored it a month before it went down."

"I actually spoke to a builder before we went in and he said we'd have to get permission from the site manager and wear a high viz and hard hat."

"But we went in on a Sunday when the building crew were not in there."

Ryan, who was 22 at the time, added: "I had actually been in the building a few years ago with another explorer but I documented everything on Snapchat."

"I didn't get to keep my footage and I told myself I'd have to go back before it was demolished."

"I went into the site with my friend Fraser as he likes buildings and things like this."

When they arrived there in June this year there were parts of the tower crumbling and evidence of other people exploring and vandalising.

He claimed: "Some of the building had already been demolished and there was a lot of open walls and flooring. It was amazing to see one of the boilers was still running – it was still intact."

"I like to explore derelict buildings because in years to come and they are gone or they have been built over, people won't remember them or have the chance to see those buildings."

"That way people can say look at this video it shows the inside before it was knocked down."

The footage shows walls crumbling and holes to the ground where a large pile of rubble sits outside.

There are also lots of pigeons inside the building, which Ryan said disturbed dust and the pair were concerned over reports of asbestos.

In the film, which is available on YouTube, the lift doors remained open which scared the young explorers.

At one point they visit a room where the entire outside facing wall has fallen down, leading to a huge drop below.

Watch the full video on EssexLive to see what was inside the Harlow YWCA tower.

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## News



Halloween at The Harvey Centre, Harlow

PETERBPHOTOS

# Halloween hits Harvey Centre

By **CHARLOTTE PAGE**

[charlotte.page@reachplc.com](mailto:charlotte.page@reachplc.com)  
[@journopage](https://twitter.com/journopage)

now a huge event in the UK and a celebration our shoppers really love.

A SPOOKY 3D house, a cursed pirate ship and a treasure hunt are all part of the spooky transformation a Harlow shopping centre has had.

The Harvey Centre has been celebrating Halloween over the past couple of weeks.

Centre manager of The Harvey Centre, Bryan Young, said: "Halloween is

"Every year we want to push the boundaries and offer something unique, fun and memorable and this year's pirate extravaganza ticked all those boxes."

Attractions such as Hoop the Witches Hat and Catch the Ghost will be in place until November 4 outside Burger Priest on the top floor.



Frightening make-up at the Harvey Centre



There was plenty of fun for young people



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# YOUR VIEWS

## LETTERS

### Healthy outlook for new centre – even before it was opened

EVEN before its official opening, the benefits of the new Lister House Health Centre were clearly already evident.

The section of pavement in Perry Road opposite the old site has been returned by the motorist to its rightful user, the pedestrian; although it cannot be too long before it is claimed by that other menace to those on foot, the cyclist.

The relocation of the Metwest Pharmacy means many of its customers will no longer have to endure the 'open sore' that is Staple Tye. With Poundland and Lidl book-ending the fast-food outlets.

Add the speeding drivers, careless and inconsiderate parking, the so-called, 'Shopping Centre' is undoubtedly somewhere to avoid, and this after a total rethink and ground-up revamp not that long ago.

Oh dear, what have we done to our town?

As for the reported £7.5m cost for the new Lister House? Money well spent in my opinion.

**L Richards**  
Harlow

#### Next year's Great North Run

WE'D like to invite the readers to get their running shoes on and stride out in next year's Great North Run to help beat meningitis.

By running for Meningitis Now in the Great North Run – the biggest and best half marathon in the world – you'll be helping us to fight meningitis in the UK and move us ever nearer to our vision of a future where no one dies from the disease

and everyone affected gets the support they need.

Sadly, meningitis and septicaemia continue to affect thousands of people in the UK each year and kill more under-fives than any other infectious disease.

Help us fight back by funding research, raising awareness and supporting survivors.

This year we had 50 runners taking part in the run, raising over £21,000 (thank you everybody).

Next year we'd like to do even better. We have guaranteed places for the event, on Sunday, September 8 2019, for a registration fee of £25 and a minimum pledge of £300.

Our friendly events team is on hand to support your training and fundraising and, as well as a running top, we provide

a post-race reception, including a sports massage and refreshments.

Why not join our team today? Visit [www.MeningitisNow.org](http://www.MeningitisNow.org) or by emailing me at [michaelai@meningitisnow.org](mailto:michaelai@meningitisnow.org)

**Michaela Ifill**  
Via email

#### Where there's a will there's a way to help

AS chief executive at the British Heart Foundation (BHF) I see first-hand the incredible impact gifts left in wills make to the charity.

Research funded by the BHF has helped halve death rates from heart and circulatory diseases over the past 50 years and so much of our work has only been possible thanks to the amazing individuals who have remembered the BHF in their will. A recent survey to support Will



Power the BHF's campaign to encourage people to consider leaving a legacy in their will, showed that the British public would like to be remembered for their generosity, kindness and humour over their wealth or professional work achievements. Seven in ten of those asked said they wished they could do more to help others and a quarter said they wanted their will to improve the lives of others.

I must take the opportunity to thank all of the generous supporters – past, present and future – for their contributions.

**Simon Gillespie**  
British Heart Foundation

#### Swap the school run for a school walk

FOURTEEN per cent of children killed on roads in 2017 were

between 7 and 9am and 23 per cent were between 3 and 5pm – school run hours.

These are heartbreaking figures. People walking do not cause congestion, road danger or toxic air levels, and yet they're the ones paying the price on our roads.

The current justice system is simply not an effective deterrent to dangerous behaviour. We are calling for an urgent review of how the justice system deals with mistakes, carelessness, recklessness and deliberately dangerous behaviour by all road-users.

We also need to see more measures to protect pedestrians.

Cars on the school run are a huge part of traffic in the morning peak. By creating safer school walking routes and investing in proven behaviour change initiatives, we can help reduce the number of cars on our roads.

October is International Walk to School Month. We want as many families as possible to swap the school run for a school walk – helping to reduce congestion and improve road safety.

**Kathryn Shaw**  
Via email

## OUR POLICY

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words.

We reserve the right to edit material. ■ Send your pictures in JPEG format marked "Your View" to [community@hertsessexnews.co.uk](mailto:community@hertsessexnews.co.uk). Please add your name, address and daytime telephone number, where you took the photo and, if possible, a picture of yourself. We reserve the right to reuse pictures at our discretion.

**GET IN TOUCH**■ **EMAIL:** community@hertsessexnews.co.uk■ **TWITTER:** @Harlowstar■ **FACEBOOK:** /HarlowStar

Harlow town basking in the late afternoon autumn sun sent in by Stuart Searle from Harlow



## WEBCHAT

## Here's what you've been talking about on Facebook this week

### ■ LLOYDS TSB IN HARLOW BUSH FAIR HAS CLOSED AFTER CUSTOMERS DECLINE

A lot of older people don't bank online. The banks make millions and taxpayers helped bale them out after they caused the banking crash. You'd think they would give something back to the community, and provide a service for older people.

**Steve Edwards**

I worked there many years and know all the staff affected. Sad day

for them and the people who used it.

**Shirley Mcclean**

Just like old Harlow. There were 4 banks there when I was a kid, Lloyds, Midland, Natwest and Barclays. Now only Barclays is left, I wonder how long until that closes too.

**Scott Brannon**

Very sad, the only reason I stayed with Lloyds. The council and MP should have stopped this decline of our shopping centres.

**Karen Taylor**

to bank online.

**Chloe Stevens**

So what happening to Lloyds bank customers as I'm one and have been for 7yrs I don't want to change banks x

**Janet Piper**

Have been using this branch for 50 years, sadly no more. Will miss it and want to say a big thank you to all the staff who worked there. A sorry day.

**Gwen West**

They encouraged their customers

Went there this morning gutted it's gone it was so Convenient than the town for me.

**Angela Eaton**

Number of homes planned on site of The Square in Harlow almost

double 128 homes .93 car park spaces. Can't see any problems there. If you live in Hare Street Area that's where the overspill will park. Also extra cars at rush hour at town centre just what we don't need. Anyway crack on Harlow Council am sure these plans will go through!

**Nick Teale**

Are they going to build another doctors surgery and school to accommodate for the extra people. Schools are full and so are doctors.

**Louise Ellen Ball**



# TALKING POINT

## How do we decide who can come into the UK?

### THE BIG QUESTION

How do we create a fair asylum and immigration system that benefits Britain?



Gatwick airport is on the frontline of immigration  
OLI SCARFF/GETTY IMAGES

#### LABOUR: Jodi Dunne

CREATING a fair asylum and immigration system depends on, respectively, recognising our international responsibility and heeding the needs of our businesses and industries.

Asylum seekers in the main come from countries that have been destabilised by conflict and I feel it is the responsibility of the UK, as one of the five permanent members of the UN Security Council, to do as much as we possibly can to use diplomacy in order to identify and deal with areas of potential conflict before they turn into regional wars.

The UK is a world leader in diplomacy and more could and should be done to bring our influence to bear on tragic situations in which innocent men, women and children are caught up in cross fire.

When conflict does arise and innocent civilians are forced to flee to neighbouring countries we should work in a more effective way with the host countries to ensure the wellbeing of affected people.

With immigration, the needs of our businesses have to be

Immigrants need our help  
MATT CARDY/GETTY



addressed so as to keep our economy competitive and our public services fully staffed, while also giving the requisite training and educational opportunities to our younger people to help them into these and more skilled jobs.

The current Conservative government has effectively discouraged further education for working class students by trebling tuition fees to a colossal £9000 a year, education spending per pupil in England has fallen by 8% in real terms since 2009 and their so called apprenticeship scheme is restarted every couple of years with ever diminishing returns.



#### UKIP: Peter Day



THE first thing to do is get out of the EU. We need to get out so that this question can be looked at in a fair and sustainable manner. We know that whilst inside the EU we have no controls over numbers or fairness of the current 'system' and for an island nation, this is not sustainable.

Once outside of the EU, we can and should look at immigration and asylum in a new way.

Firstly with asylum we need to make sure that the reason is valid and create a system to check that asylum seekers are helped but that economic migrants are

stopped from entering the country.

This needs a complete overhaul of our current controls which are open like a barn door.

In terms of immigration, UKIP have been the only party to promote and support a points based system that would allow us to bring in people from anywhere in the World based on their ability and willingness to do jobs at all levels that are also able to bring value and enrichment to our society.

A points based system would not discriminate against people from any country (as is happening now) and it would allow us to find the very best people to work and live happily here in the UK. That includes the lower paid workers if and as needed.

UKIP have had this policy for many years while the three main parties don't listen to the argument and benefits. That said, they all prefer to stay inside the EU (as we are currently seeing) and if that ever happens it means the question is irrelevant because we will never be able to change things.

### WHAT QUESTIONS DO YOU WANT ANSWERED?

Every week we put your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda

email  
your  
questions to  
community  
@hertsex  
news.co.uk

# YOUR EDUCATION NEWS

## A fantastic Mr Fox meets the BFG during day celebrating Roald Dahl



Dressed as their favourite book characters, pupils enjoyed a day celebrating Roald Dahl's birthday

email your news to community@hertsessexnews.co.uk

ARRIVING at school to find Aunt Sponge and Aunt Spiker's house has been recreated is enough to inspire anyone to want to read.

That's what pupils at Little Pardon Primary Academy in Harlow were met with when they arrived at school on Roald Dahl Day.

Dressed as their favourite book characters, pupils enjoyed a day celebrating the famous author's birthday.

The themed day - including a special lunch menu - was the latest to hook children into their writing and reading.

Kirstie Clark, co-head of the Hoddings Road school, said: "Our Little Spinney was transformed to look like Aunt Sponge and Aunt Spiker's house and included the giant peach famous in the Roald Dahl tale.

"We used the national day as a stimulus to help pupils with their

writing and other topic work over two weeks. We celebrate the work of Roald Dahl every year and the children absolutely love all of his stories.

"It's a hook which really engages the pupils, particularly the boys.

"The theme is used to link with as

many subjects as possible.

"The children absolutely

love it; there's a real buzz around the school as it's something different for them."

## Pupils to get writing after cinema outing

COOKS Spinney Primary Academy in Harlow is taking all of its pupils to Cineworld as part of the Into Film Festival.

This month, Years 2, 3 and 4 will watch Big Bad Fox and Other Tales, Year 5 will watch Captain Underpants and Year 6 will see Mary and Witches Flower.

Head teacher Neil Stirrat said: "Opportunities like this bring learning to life for our pupils.

"We know the cinema can be an expensive trip for families. This trip

is completely free as we can also walk to the cinema from our school.

"The children will be really interested in the types of films we have selected for them."

The event, sponsored by Film Club and Firstlight, will be followed up with review writing by pupils.

Mr Stirrat said: "Pupils will be able to be critical of what they liked and did not like.

"They will be talking about it for a long time.

"It's a brilliant opportunity."



The Big Bad Fox film will be watched by pupils at Spinney Primary Academy



# YOUR COMMUNITY NEWS

## Get into swing of festive build-up

THE Big Band at Christmas is the matinee show that's swinging into Harlow on Sunday (November 4).

Hosted by the Harlow playhouse Theatre, the show features Five Star Swing as seen at London's Leicester Square Theatre and BBC Children in Need.

The show promises all your favourite Christmas songs given the dynamic big band treatment - Glenn Miller, Frank Sinatra, Count Basie, Nat King Cole - jazzing up those Jingle Bells. "Superb - they swing like crazy," says the BBC's Sheila Tracy. Local drummer Steve Rushden, who tours with the band, said: "I'm excited to be bringing the big-band version of all these classic Christmas songs back to my home town".

Also featured is Simone from the Ivy Benson Orchestra, and Chris Smith (Jnr), composer and arranger for the BBC Radio Big Band, the Herb Miller Big Band (Glenn's brother), plus Tony Bennett's trombonist. Tickets are selling fast and are available from Box Office 01279 431945, [www.harlowplayhouse.co.uk](http://www.harlowplayhouse.co.uk)

email your  
news to  
community  
@hertssex  
news.co.uk



The Big Band at Christmas

### Harlow

■ **FUNDRAISING QUIZ:** Amnesty International Harlow group is hosting a pub quiz on Friday, November 2, to help fundraise for their local campaigning.

There are some great prizes from local businesses for the winners, and are encouraging people to get their teams together for a night of quizzical fun to help raise funds for Amnesty International's Harlow branch.

Taking place at the Bunt Mill Snooker and Social Club, the quiz costs £10 for teams to enter with a maximum of five team members.

Guests are advised to arrive promptly at 7pm for a 7.30pm start. Chris Vince will be the quizmaster for the event.

Please note the bar is cash only.

■ **CHARITY CHRISTMAS FAIR:** Raising money for Friends of Keefield, supporting a home for disabled adults in Harlow. Sunday, November 18, from 11am to 3pm at Great Parndon Community Association Centre, Abercrombie Way, Harlow, CM18 6YJ.

Free entry, a range of stalls and refreshments, as well as a grand raffle.

Some stalls still available. Contact

### YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

Jo Ford on 07850 629154.

■ **CHRISTMAS FAYRE:** Hosted by St Clare Hospice on Sunday, November 25 from 12.30-4pm at Great Parndon Community Centre, Abercrombie Way, Harlow, CM18 6YJ.

Entry is £1 per person. Please get in touch to book a stall.

■ **WALKING FOOTBALL:** 50-plus fitness group. A great way to keep fit newcomers welcome to come along and give it a try £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - 12pm; Sundays 2-3pm.

Please call Dave on 07980 578201 for more details.

### Hunsdon

■ **PILATES CLASSES:** Mondays

2-3pm at Hunsdon Village Hall.

Friendly and welcoming classes.

Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information, or to book your first complimentary class, (limited places) call Anne at Active Health Pilates and More on 07717 333234, email [activehealthpam@gmail.com](mailto:activehealthpam@gmail.com) or visit [www.activehealthpilatesandmore.com](http://www.activehealthpilatesandmore.com)

### Roydon

■ **FITNESS CLASS:** 50 plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall.

All abilities, men and women

welcome. £5 per session. Call 07974 721527 for more information. In the Village Hall, High Street Orwell from 10am to 4pm.

■ **MARKET:** On Saturday, November 10, from 10am to 2pm in the village hall. Bread, eggs, honey, juice, chutneys, meat, sausage rolls, pasties, shepherd's pies, cheese, cakes, flavoured oils, sweets, wood turning, ceramics, gifts, flavoured gins, children's clothes, jewellery, crafts, candles, horseshoe art, paintings, soaps, Forever Living, greeting cards and historical prints and maps. Refreshments will run to raise money for Roydon Pre-School. Free entry.

### Rushden

■ **LACE MAKING:** The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook.

Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need to take your own lunch.

For more information, call Eva on 01763 288357.

### Saffron Walden

■ **CHRISTMAS FAYRE:** Friday, November 2, from 10am to 2pm at

Lord Butler Leisure Centre, Peaslands Road, Saffron Walden, CB11 3EG.

Entry is just £1 per person, with children attending for free

### Sandon

■ **GREEN FINGERS:** Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join. New members are always welcome.

Contact chairman John Handley at: [johnhandley5@btinternet.com](mailto:johnhandley5@btinternet.com) for more.

### Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going.

Musicians also welcome. Call 01279 723707 or email [neilandgillmunro@aol.com](mailto:neilandgillmunro@aol.com) or see our Facebook page.

### Standon

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held





Robert Halfon and Mike Coupe

## MP seeks assurances over supermarkets merger move

MP Robert Halfon recently met with the chief executive of Sainsbury's to seek assurances for Harlow workers amidst the Sainsbury's-Asda merger. This was following conversations the Harlow MP has had with Asda on the same issue.

Robert Halfon said: "Mike Coupe, CEO of Sainsbury's, came to visit me this week and we had a very constructive meeting.

"Mike reassured me that no stores would close as a result of the proposed Sainsbury's and Asda merger and that he is committed to continuing to invest in his employees and in local communities.

"I also raised concerns about how the merger could impact petrol prices. However, I was assured that both supermarkets would continue to price competitively and if anything, their prices may go down with increased buying power.

"I have had the same conversations with Roger Burnley, chief executive of Asda, who also said that fuel costs will continue to be a priority to ensure hard-pressed motorists get the best possible deal.

"We will stay in touch as the merger process continues and I will work hard to ensure we get the best deal for Harlow and the villages."

on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one.

Email Becky to book a free trial at: [artexplorers1@gmail.com](mailto:artexplorers1@gmail.com) or visit: [www.artexplorers.co.uk](http://www.artexplorers.co.uk) for more information.

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers.

It costs £5, which can be paid on the door each week.

Call Julie on 07971 699615 or visit: [dancejamacademy.co.uk](http://dancejamacademy.co.uk) for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer.

Have a bash at Cotswold dance

traditions with Standon Morris at practice sessions on Thursday evenings.

The mixed side welcomes anyone from ten years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm.

Musicians are also needed to play. To find out more, call Catherine on 07808 969379 or send an email to: [standon.morris@gmail.com](mailto:standon.morris@gmail.com)

### Widford

■ **PILATES CLASSES:** On Mondays 6.45 to 7.45pm and 8 to 9pm. Friendly and welcoming classes.

Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email: [activehealthpam@gmail.com](mailto:activehealthpam@gmail.com) or visit [www.activehealthpilatesandmore.com](http://www.activehealthpilatesandmore.com)



The characters appeared in The Harvey Centre's upstairs dining and leisure area

## Film stars Migo and Meechee are the centre of attention

THE Harvey Centre in Harlow was thrilled to welcome Migo and Meechee from the latest animated comedy by Warner Animation Group, 'Smallfoot', to the centre on Saturday, October 13 and Sunday, October 14.

The characters appeared in The Harvey Centre's upstairs dining and leisure area. Here, the stars of the movie met customers and posed for photos outside the centre's Cineworld Cinema -

bringing to life the experience families will have when they see the film.

The film itself is a fun tale that turns the myth of the Bigfoot / Yeti on its head, making humans the myth to the Yeti. The film tells the story of one young yeti going in search of the elusive 'Smallfoot', with characters voiced by stars including Channing Tatum, James Corden and Danny DeVito. Smallfoot was released in time to

keep the kids entertained during the half-term break.

Bryan Young, manager at The Harvey Centre said: "We loved having Migo and Meechee at The Harvey Centre and hope our customers enjoyed the chance to meet them and pose for photos. We're always looking for exciting ways to entertain our customers and hope this event put a smile on the faces of the younger members of the community in particular."



# YOUR CHARITY NEWS

## A new art installation introduces colour and light to hospital foyer

THE STAINED GLASS CIRCLES WERE OPENED BY THE ARTIST, STAFF AND SPONSOR FAMILY

AN artwork which was inspired by a view from a ward and which celebrates the wonderful care provided at Princess Alexandra Hospital Trust (PAHT) in Harlow, will form a lasting image to welcome patients, visitors and staff.

The entrance to the hospital is now illuminated by Tree Circles, an impressive glass installation by Parndon Mill artist Ewa Wawrzyniak.

Tree Circles was officially opened in the presence of Ms Wawrzyniak, Inger, Eric, Ingrid and Joyce Collins, from the sponsoring family, outgoing PAHT chief nurse and deputy CEO, Nancy Fontaine, and Jacqueline Jackson, a member of the quality improvement team at the hospital.

Tree Circles spans three discs of glass and is backlit in a frame especially designed by Ms Wawrzyniak's fellow Parndon Mill craftsman Barry Volckman.

Ms Wawrzyniak said: "In the making of the Tree Circles, I wanted to represent a renewal, hope, promise."

"The prominent position in the hospital entrance dictated to me the importance of communicating to people coming to the hospital that there is always a potential for the new in our lives."

"Using glass as a medium, I could play with light and shadows drawing

with enamels and using glass powders as a background colour.

"I wanted to capture trees in spring as a symbol of a fresh start, positive energy."

Inger Collins said: "Ewa's Tree Circles is a thank you to the NHS and PAHT in particular for the important role it has played in the community in Harlow over so many years."

"PAHT deals not only with the medical condition of people.

"It welcomes people with courtesy and friendliness, and shows great consideration for human dignity."

Speaking about the installation, Eric added that the aim of Tree Circles is to introduce colour and light into the hospital entrance. "The inspiration is a mixture of medieval and modern."

"Stained glass has added greatly to the atmosphere of churches over the centuries."

"And in modern times we have all got used to the allure of backlit smartphone screens. Tree Circles shares the luminous qualities of both."

"We hope that it will help create a calm and colourful environment for people walking into the hospital."

Ewa has worked for more than ten years at Parndon Mill, in Harlow, and teaches at the University of Hertfordshire in Hatfield.

Chief executive Lance McCarthy

said: "We are delighted to have this wonderful artwork project that will enhance the entrance to our hospital for current and future patients and visitors."

"The symbolic image of renewal and hope is a great adornment for our new entrance and forms a wonderful welcome to all who come to Princess Alexandra Hospital."

"We are very grateful to the sponsors of this project and to Ewa who created inspirational Tree Circles."



Nancy Fontaine (former chief nurse and deputy CEO), Harvey Ward manager, Jill Holden, Joyce Collins, Eric Collins, Inger Collins, Ingrid Collins, Ewa Wawrzyniak

email your news to community@hertssexnews.co.uk

## Could you give Merlin a magic new home?

MERLIN is a lovely friendly boy, approximately three years old, who would love a home where he can be the only cat and the centre of attention.

He was found wandering the streets of Harlow but has now had a full health check, been vaccinated and microchipped and is looking for his forever home.

If you feel you could provide the loving home that this adorable cat needs, get in touch with Catnip Cat

Rescue on 07949 345447 or take a look at the website at [www.catnipcatrescue.co.uk](http://www.catnipcatrescue.co.uk) where you can view and read all about the beautiful cats ready for rehoming.

Harlow-based Catnip Cat Rescue was formed in April 2018 by a group of five volunteers who are passionate and committed cat lovers, with many years of knowledge and experience between them in all aspects of cat rescue and welfare.



Merlin is looking for his forever home

Introducing the new online home for all your local Family Announcements, BMD's, Obituaries and Intimations.



# funeral-notices.co.uk

Where your loved ones **memories** can live on foreverYou can still place a notice over the phone by calling : **01462 504155**

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announced. Alerts can be for  
Surname or Town/Area.

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Add tributes of condolence,  
light candles or add a  
picture/video to any notice.



As a member you can save  
any death notice that is  
important to you.

**Register Today**

## Deaths

### Kathy BASTOW

Passed away peacefully on 20th October 2018 aged 69 years.  
A much loved Mum to Tammy & Sister to Joanne, Gerry & David.  
Funeral service to take place on Monday 5th November 2018 at Parndon Wood Crematorium at 3.15pm. Please feel free to wear something Yellow as this was Kathy's favorite colour.  
Flowers may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, Herts CM23 3AL Tel 01279 655477.  
Alternatively, please visit Kathy's In Memory Page at [www.drobinson.co.uk](http://www.drobinson.co.uk)

### Marieanna Emma BIRD

Sadly passed away on 11th October 2018. Aged 90 years.

Loving Wife to late Husband John. Mother to Julian and Wife Louise, Suzanne and Husband David. Grandmother to Emma and Hannah, Great Grandmother to Jakob, Noah and Sebastian.  
She will be deeply missed by all her family and friends.

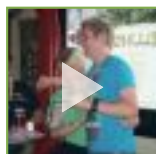
Funeral service will be held at Parndon Wood Crematorium on Tuesday 13th November at 3.15pm.

Family flowers only, donations to Dementia UK maybe sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990 or via the "In Memory Donation Pages" at [www.drobinson.co.uk](http://www.drobinson.co.uk)

### Paula BRENNAN

Taken suddenly on 10 October 2018; sadly missed by all her loved ones. Funeral service at 12:30pm 08 November at Holy Cross Church, Harlow. Family flowers only please but donations to MIND charity would be greatly appreciated (these can be made via Daniel Robinson funeral directors website).

Doreen Brennan



Add videos  
to a notice online  
completely free  
of charge

[funeral-notices.co.uk](http://funeral-notices.co.uk)

### Margaret Ann CLAYTON (née Maughan)

Late of Little Hadham  
Passed away peacefully on 18th October 2018 aged 93 years.  
Funeral service to be held at St Cecilia's Church, Little Hadham on Tuesday 13th November at 1.30pm. No black clothing is preferred.  
No flowers please, but donations if desired for The Children's Society may be made online using the "In Memory" pages at [www.drobinson.co.uk](http://www.drobinson.co.uk) or cheques made payable to the charity can be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts, CM23 3AL. Tel 01279 655477

### Thomas Arthur DAVIS

Of Sawbridgeworth, passed away peacefully in Princess Alexandra Hospital on the 22nd October 2018 aged 75. He will be deeply missed by his wife June, son Lee, daughters Katie and Wendy, family, friends and all who knew him. Tom's funeral service will be held at Parndon Wood Crematorium on Friday 9th November 2018 at 3.15pm.  
Flowers may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476

### LYNNE FIELD

Peacefully passed away at home, surrounded by her loving family on Tuesday 23rd October 2018. Deeply loved by all, she will be greatly missed by her friends & family, but comforted now she is free from pain or worry, and is surrounded by those who've gone ahead of her. Family flowers only, but please donate to Isabel Hospice - [isabelhospice.org.uk/support-us/donate](http://isabelhospice.org.uk/support-us/donate)  
Funeral Service to be held at 11am, Friday 9th November, Greenacres, Epping, CM16 6AD.  
Our Mum, Nan, Sister, Aunt, we will always treasure what joy you brought to our lives.  
Simon, Nikki & Gemma

### Sheila GUERRATI

Passed away peacefully on the 4th October 2018 aged 77 years.  
A beloved Mother to Gina and Dianne, devoted Grandma to Jade, Hannah, Luke, Leah and Emma and Great Grandma to Levi.  
The funeral service will take place at Parndon Wood Crematorium on Friday 16th November at 1.00pm. Flowers if desired may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP Telephone: 01279 426990  
Reunited with her beloved husband John x

### John James HARDING

Passed away on 26th October 2018 aged 91 years.  
Loving father to Jane and the late Paul. Grandfather to Abigail, Jonathan and Holly. Great Grandfather to Charlie, Harvey and Jake.  
The funeral service will take place at Parndon Wood Crematorium on Thursday 15th November at 1pm.  
Family flowers only. Donations if desired, payable to the British Lung Foundation may be sent c/o Daniel Robinson, Wych Elm, Harlow, CM20 1QP or via [www.drobinson.co.uk](http://www.drobinson.co.uk). Tel: 01279 426990

Light a candle online  
in their **memory** for free

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### Gary John HARVEY (GAL)

Gary sadly passed away in Basildon Hospital on 17th October with his family by his side, he will be greatly missed by all his family and friends.  
A celebration of his life will be held at Parndon Wood Crematorium at 10-45am on November 7th. Family flowers only, donations for the British Heart Foundation.  
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### Jill HENNESSEY

Passed away peacefully on 21st October 2018 aged 80 years.  
Beloved mum to Paul, Julian & Rebecca. Forever in our hearts.  
Funeral service to take place at St James Church Thorley on Friday 16th November 2018 at 1.00pm followed by a cremation at Parndon Wood Crematorium at 2.30pm. Family flowers only please but donations for Grove Cottage Bishops Stortford Mencap may be sent c/o Daniel Robinson & Sons 79/81 South Street, Bishops Stortford Herts CM23 3AL. Tel 01279 655477 or online using the 'In Memory' page at [www.drobinson.co.uk](http://www.drobinson.co.uk)

### Joyce Phoebe HOLEYMAN

Passed away peacefully in Tye Green Lodge, Harlow on the 20th October 2018 aged 91. She will be sadly missed by her family, friends, and all who knew her. Joyce's funeral service will be held at Parndon Wood Crematorium on Tuesday 6th November 2018 at 12.15pm. Flowers may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth CM21 9DB Telephone 01279-722476

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## Deaths

**KENNETH JOHN NEMES**

Sadly passed away on 2nd October 2018, aged 56 years. Beloved brother of Debbie and Brian. He will be greatly missed by all his family and friends.

Funeral service will be held at Parndon Wood Crematorium on Friday 9th November at 11.30am. Family flowers only, donations if desired made payable to British Heart Foundation or Diabetes UK may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990. Alternatively, please visit the 'In Memory page' at [www.drobinson.co.uk](http://www.drobinson.co.uk)

**Terence John SMITH (Terry)**

Sadly passed away on October 19th 2018, aged 69 years. Much loved brother of Richard, Pauline, Raymond and Angela, brother in law and uncle.

Funeral service will take place at Parndon Wood Crematorium on the 6th November 2018 at 1pm.

Family flowers only please. Donations if you wish to The Royal British Legion

All inquiries to F.J. Pinnock & Son 01279 422123. After at Harlow Town Football Club for refreshments.

Cherish their memories on your mobile, it's a place you can always visit wherever and whenever you want.



[family-notices.co.uk](http://family-notices.co.uk)

**Maureen TUCKER**

Sadly passed away on 4th October 2018, aged 82.

Dearly loved Wife of Ray, loving Mum to Peter, Jean & Robert, much loved Nan and Great Nan.

She will be missed by all her family and friends.

Funeral service will be held at Parndon Wood Crematorium on Wednesday 7th November at 1.45pm

Flowers or donations payable to British Heart Foundation can be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory page' at [www.drobinson.co.uk](http://www.drobinson.co.uk)

## In Memoriam

**VIOLET MABEL BURNETT**

5th November 2011.

Also remembering Alan Peter Burnett, passed away on 23rd August 2018.

Both sadly missed but always remembered.

Love Rene and Grandchildren  
xx

**SHUMONTO CHAUDHURI (CHAD)**

04.11.2017

Always and forever. Your Abs, your Wife xx

**GERRY MATTHEWS**

1st November 2004

In memory of a very special dad, grandad & great grandad. Time slips by but our memory of you will never fade.

## Acknowledgements

**David John BRETT (John)**

The family of the late John Brett of Bishop's Stortford wish to express their thanks to all relatives, friends and neighbours for their recent kindness, messages and cards and also for the great comfort and support given by their presence during the service to celebrate his life. Please accept this as the only but sincere acknowledgement.

Justgiving.com/johnsallotment

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Birthdays

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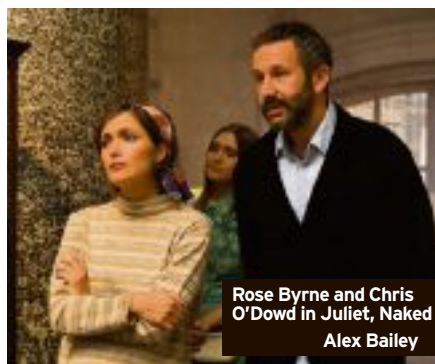
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# FILM

## ALSO OUT THIS WEEK



Rose Byrne and Chris O'Dowd in *Juliet, Naked*  
Alex Bailey

### JULIET, NAKED (15)

★★★★★

BASED on a novel by Nick Hornby, *Juliet, Naked* is a sweet, reserved romantic comedy set in a sleepy English coastal town, which revels in the power of music to anchor our emotions to a specific person or time.

It could be a gut-wrenching ballad which perfectly encapsulates the anguish of a relationship break-up, a cheesy dancefloor anthem that conjures embarrassed memories of a boozy wedding or summer holiday, or the favourite track of a dearly departed loved one that will be forever "their song".

Music belongs to the listener, resonating in hearts and minds on a deeper level than the performer ever intended.

As one character in Jesse Peretz's film tells his self-deprecating musical idol, who openly rubbishes the importance of his work: "Art isn't for the artist, no more than water is for the plumber."

*Juliet, Naked* is powered by an appealingly scruffy performance from Ethan Hawke as the reclusive singer-songwriter, who inspires this heartfelt outburst.

He reeks of regret in gently paced scenes of bad parenting and sparks pleasing on-screen chemistry with Rose Byrne as the dissatisfied thirty-something, who forges an unexpected bond with her boyfriend's musical idol.

It's a preposterous set-up for a love triangle that reaches a crescendo of implausibility when Hawke performs an impromptu rendition of The Kinks' *Waterloo Sunset*.

Annie Platt (Byrne) becomes curator of Sandcliff Seaside Museum following her father's passing.

Her lecturer boyfriend Duncan (Chris O'Dowd) runs a website called Can You Hear Me?, which is devoted to American singer-songwriter Tucker Crowe (Hawke), who walked out of a gig 30 years ago at The Pit Club in Minneapolis and hasn't been seen since.

Obsession teeters into hysteria when Duncan receives a CD of an early version of Crowe's landmark album *Juliet*.

"It's boring versions of songs you've heard millions of times before," grimaces Annie.

Fractures in the relationship deepen after Duncan acts on his primal attraction to fellow lecturer Gina (Denise Gough).

In the midst of this emotional upheaval, Annie initiates an animated email conversation with the real Tucker Crowe, who is living in the garage of an old flame (Eleanor Matsuura) so he can take care of their son Jackson (Azhy Robertson).

Fate conspires to bring Tucker to London with his boy and sparks of attraction lift the gloom over Annie's predictable day-to-day existence.

*Juliet, Naked* is unlikely to become a defining cinematic soundtrack to anyone's life but Peretz's film doesn't hit many bum notes en route to a predictable resolution.

Byrne and Hawke are an attractive pairing and O'Dowd is exasperating comic relief as a fan boy, who ruefully acknowledges you don't know what you've got till it's gone.

Damon Smith



Maxine Peake as Nellie in *Peterloo*  
Simon Mein

# Historical epic that lacks human touch

### PETERLOO (12A)

★★★★★

**I**N an early scene of Mike Leigh's historical drama, an exhausted mother presides over her brood in Manchester with stoic resolve as the bitter cup of oppression overflows in the corridors of Westminster.

"Times is too hard to lose hope. Hope is all we've got," professes the matriarch as neighbours prepare to take to the streets for a pro-democracy rally in defiance of the ruling Tory government.

Her simple, heartfelt words reverberate throughout *Peterloo*, an impassioned call to arms across the class divide which builds with sickening inevitability to the 1819 massacre of protesters at St Peter's Field in Man-

chester, which Leigh recreates with all of the sound and fury he can muster.

It's a bravura sequence, captured in all of its horrifying grandeur by cinematographer Dick Pope, who was deservedly Oscar-nominated for his work on *Mr Turner*, Leigh's previous foray into 19th-century machinations.

That film was blessed with a sensational lead performance from Timothy Spall as controversial painter JMW Turner.

*Peterloo* has no obvious emotional fulcrum, dividing attention between a vast ensemble cast, some of whom are only afforded one or two lines of dialogue.

The film is book-ended by brutality, opening on the disorienting image of a young soldier called Joseph (David Moorst) sounding his trumpet at the battle of *Waterloo* as brave young men are cut down in

their prime around him.

He is one of the lucky few to stagger from the blood-soaked battlefield and David limps home to Manchester to the comforting embrace of his mother, Nellie (Maxine Peake).

The lad is deeply scarred by his experiences, exhibiting all the signs of post-traumatic stress disorder as loved ones cluck and fuss around him.

David's father Joshua (Pearce Quigley) joins the throng of disgruntled voices, who are enraged that Parliament under the control of Prime Minister Lord Liverpool (Robert Wilford) and home secretary Lord Sidmouth (Karl Johnson) has refused to extend voting rights to workers.

Thousands plan to march on August 16 1819 to St Peter's Field to listen to famed orator Henry Hunt (Rory Kinnear) plead their case.

"We cannot allow this Wiltshire peacock to incite the spurious masses," sneer the men in power, who position sword-wielding cavalry close to the protest site in case fiery rhetoric inspires a riot.

*Peterloo* is disappointingly light on textured human drama to complement the political tub-thumping.

The spectacularly orchestrated conclusion should be emotionally shattering but I was curiously unmoved, unable to find many faces in the crowd that I cared about as cavalry charged.

Leigh's picture doesn't quantify the loss of life in expository dialogue or with a title card at the end of the film, which seems a curious artistic decision for an epic, sprawling memorial to survivors and the fallen.

Damon Smith





## SOUND OUT

**K**ATIE MELUA is inexplicably modest for someone who has experienced so much success. Fifteen years on from the release of her chart-topping debut *Call Off The Search*, the Georgian-British singer – who has sold 11 million albums – reckons she just got lucky.

“I think it’s a mixture of extraordinary luck and just luck in meeting the people that I met,” she says, reflecting on her career.

“My producer and collaborator at the time always insisted on getting the most amazing musicians and on pretty much everyone playing live.

“And I realise now that that’s really rare, because that kind of music didn’t always have the guarantee of being super successful. It was always pop and R&B and dance music. That’s why I feel really lucky.”

Katie, 34, who has just released a compilation of her greatest hits along with two new tracks to mark her past decade and a half, certainly broke the mould when she arrived on the scene in 2003.

Her charming jazz- and folk-inflected voice was a breath of fresh air for the music scene.

Debut album *Call Off The Search*, released when Katie was just 19, was a number one in the UK, spawning hit singles such as *The Closest Thing To Crazy*.

Her follow up, *Piece By Piece* in 2005, also hit the top spot and two years after that, third effort *Pictures* made it to number two.

At one point, Katie was named one of the richest stars in Britain under the age of 30. She was the best-selling UK female artist for a couple of years and her albums went platinum across the world.

But the heady heights of fame and the stress of keeping up with it all took its toll and, in 2010, Katie spent six weeks in hospital after suffering a nervous breakdown.

Two years ago, Katie said it was the “best thing” that had ever happened to her.

Now, she describes it as her “crunch time”, but adds: “What has arisen out of all of that is a great collection of work that I’m super proud of.

“All the crazy schedules, the crazy promo, the creative politics – which is always there – and those things you struggle with, actually in amongst that I look back and go, ‘These are great songs, great recordings I’m really proud of, and I can’t wait for what’s to come next.’”

Perhaps Katie’s no-nonsense outlook on life, from her triumphs to her low moments, is down to her upbringing.

She was born in Georgia, where she lived for most of the first decade of her life, around the time of the collapse of the Soviet Union.

Speaking of her childhood in the country, she remembers that times were difficult, due to lack of electricity and the political upheaval.

But she also fondly reminisces about the fun times: of climbing to pick blackberries, of swimming in the Black Sea and of living with a large crowd of family members.

“We lived with my dad’s family;



# What Katie did

**KATIE MELUA WAS A BREATH OF FRESH AIR WHEN SHE ARRIVED ON THE MUSIC SCENE IN THE EARLY NOUGHTIES. SHE TALKS TO LUCY MAPSTONE ABOUT HER 15-YEAR CAREER AND PUTTING TOGETHER HER NEW ULTIMATE COLLECTION ALBUM**

Katie Melua may be releasing a greatest hits album, but she is also looking to the future

my grandparents, two uncles on dad’s side, mum and dad, plus we had two friends of relatives staying because Georgia is very communal,” she recalls.

“This was in about 1991/1992, because of the Soviet Union breakdown. The infrastructure of the country had really suffered, but because of always being outside, always with nature even in the city, I loved it.

She is also glad to have then spent some of her formative years in the UK – first in Belfast, to which she moved at the age of eight with her family, and then in London.

“I’m grateful I got to realistically live in Georgia, see the life and experience it as a kid there, and also be raised in the UK,” she says.

“In Georgia during that period, you wouldn’t have had the opportunity to do what I’ve been able to do in the music industry.

“I’m really grateful to have had those two world views.

“When you looked ahead, about what you might do for a living in Georgia... I loved singing, I started

to sing from a very young age. But didn’t seem to be much hope back then.”

Her birthplace is incredibly important to her, as Katie is to her compatriots.

“I find it remarkable to have done so well out here, but in Georgia it’s kind of magnified.

“Georgians really look up to artists from the west. Everyone in Georgia grew up on the Beatles, Led Zeppelin, Queen, Black Sabbath. It means a lot to them that one of theirs has kind of done alright in the music industry.”

She’s definitely done alright, as her back catalogue proves.

Collating her body of work for her

Ultimate Collection was, she says, “like looking at a photo album.”

“You know, when you’re a teenager and you think, ‘I’ve got really big thighs’, but then you look

back and go, ‘Actually, I shouldn’t have worried about it.’”

“When you put together a collection like this and you’re looking back on something you did five/10 years ago, there were quite a few moments where I went, ‘Actually, this is really good, and it seems to have lasted’, and it surprised me.”

For some artists, a greatest hits offering might signal the end of a career but not for Katie, something her fans will be delighted to hear.

“I’m doing a lot of writing at the moment, we’ll see what ends up surviving,” she reveals.

“There is so much work to be done, as far as I’m

concerned, on just making records. I’ve got a lot of stuff to keep working on.

“I think I’ve only just begun, to be honest.”

■ Katie Melua tours the UK from November 28 and her album, *Katie Melua – Ultimate Collection*, left, is out now.



**JOHN LEGEND**  
A LEGENDARY CHRISTMAS  
★★★★★

FROM the very first note you can tell this is going to be a modern classic Christmas album... What Christmas Means To Me even has Stevie Wonder on harmonica – talk about starting strong!

Silver Bells is equally as great, and it makes you wonder why it has taken so long for the multi-platinum singer-songwriter to record these classic tracks. The upbeat funkiness of the first two tracks drops with a smooth and jazzy Have Yourself A Merry Little Christmas featuring singer and bassist Esperanza Spalding and this continues with the rich and bluesy Merry Christmas Baby. The whole tinsel-strewn affair is rounded off with a bouncy and fun rendition of Merry Merry Christmas.

**THOM YORK**  
SUSPIRIA  
★★★★★

BROODING, disconnected, an ever-present sense of dread and paranoia... it’s easy to see why Luca Guadagnino, the Italian director behind the new remake of 1977 horror classic *Suspiria*, wanted Thom Yorke to write the soundtrack. The 23-track album – the Radiohead singer’s first full film score – features some insanely beautiful songs. Open Again is a smothering slow-roller enveloped by swirling delay loops, while Unmade – a fragile falsetto piano ballad that shatters into tiny fragments – could easily have made it on to a Radiohead record.

**ANDREA BOCELLI**  
SI  
★★★★★

THIS new album reminds the listener that the Italian singer’s voice is as beautiful and as powerful as ever.

What makes this record exciting is Bocelli’s work with a range of artists. Fall On Me, a duet with his son Matteo, is a moving piece, similarly, Bocelli’s collaboration with Ed Sheeran seamlessly blends the voices and styles. Other pairings are less successful. Dua Lipa is drowned out by Bocelli and, while Raphael Gualazzi’s piano accompaniment is impressive on Vertigo, his style seems to clash with Bocelli’s vocals. On the whole *Si* is beautifully classic: simple, yet astonishing. Perhaps just a few of those collaborations could have been solo efforts.





## CELEBRITY WELLBEING

## Meditation is my secret for staying sane in a busy life

**A**S ONE half of holistic food and cooking empire Hemsley + Hemsley, Jasmine Hemsley found success alongside her sister, Melissa.

Their partnership's been a winning formula – their first book, *The Art Of Eating Well*, pushed Jamie Oliver and Mary Berry off the top of the Amazon charts in 2014, and follow-up, *Good + Simple*, was also a hit. They've since opened a cafe in Selfridges, starred in their own Channel 4 TV show – *Eating Well With Hemsley + Hemsley*, and gathered some 300,000 Instagram followers.

Right now though, Jasmine, 35, is temporarily flying solo, and her own book, *East By West: Simple Recipes For Ultimate Mind-Body Balance*, an Ayurvedic-inspired cookbook, was published last year. Here, she talks about her wellbeing rituals and what makes her tick, why there are no wedding plans just yet, and losing her father...

#### Are you and Melissa going your own separate ways now?

NO, we're still working together a lot. We have our cafe in Selfridges (London) and are always talking about new projects, but we both had different ideas about a third book. She's more of a foodie and has done her own book, *Eat Happy*. I'm more into wellness. Exploring our own avenues is working out really well.

We're very close and nowadays laugh about the fact that I can be the bossy elder sister as I'm five years older, although I reckon sometimes she's bossier than me! It's great working with family, as we're always very straight with each other and upfront. When we go home to see my mum, we revert to just being sisters.

#### What's at the heart of your approach to health and happiness?

OVER the last decade, I've embraced Ayurveda, a gentle Indian holistic approach to living and eating, which has transformed my life. It's about getting in line with the circadian rhythm of the earth, eating home-cooked food with seasonal ingredients, limiting distractions when you're eating so you're mindful about what you're having, and generally aiming to get that elusive balance in life.

#### You got caught up in the backlash around 'clean eating'. How do you feel about that?

I NEVER used the term 'clean eating', and Hemsley + Hemsley never used it, so that was somebody else's idea. For there to be anything to write about,

From morning rituals and early nights, to chilling with her dogs, cook and author Jasmine Hemsley tells **GABRIELLE FAGAN** about her approach to wellness

there seems to have to be extremes and hype, but that wasn't us. We're about nutrition and feeling good. It did, though, open a debate about eating whole foods and being mindful about eating, and people are more aware.

My way of eating is really in tune with my background, as my Filipino mum made amazing Eastern dishes fused with British produce. Her answer for any ailment or upset was: 'Eat, eat, eat!' There were lots of soups, stews and roasts, made with inexpensive fresh ingredients seasoned with herbs and spices, and all done in one pot or steamed.

It's meat on the bone, natural fats, real butter and vegetables. I learnt the value of it when I left home to go to university and lived on takeaways and manufactured foods, and I never felt as well, had less energy and less feeling of wellbeing. That was the first catalyst for making changes in my life.

I'm supporting Beko's Eat Like A Pro campaign as I hope to show parents that there's an easy, practical, healthy way to feed children home-cooked food, which doesn't take hours or cost a fortune – very like the food I enjoyed as a kid.

#### What's your daily health routine?

I GET up around 6.30am and straight away, tongue-scraper to clean away bacteria that can cause halitosis. Around three times a week, I also oil pull (swish a tablespoon of sesame or coconut oil in the mouth) for 15 minutes, to help get rid of more toxins.

After a shower, I apply body oil, argan or sesame, to nourish my skin, and have a cup of hot water or a herbal tea. I do five minutes yoga and then around 20 minutes meditation, which is thought to be the equivalent of three hours' sleep.

It's my secret for staying sane in a busy life, as it clears my brain of stress and allows me to reflect and gain perspective. Walking our three dogs in the park gets me in touch with nature, and I'll breakfast on porridge, eggs, home-made bread, or a dish I've prepared the night before in my slow cooker.

Lunch is my main meal and I have a light supper around 6pm, as eating early is better for the digestion and helps me sleep better. I try to go to bed by 10pm. Two mornings a week, I do a one-minute body brush to boost circulation, the lymphatic system and soothe my skin.

#### Tell us about your fiancé, photographer and creative director Nick Hopper – are you planning your wedding?

WE'VE been together 15 years, got engaged in India, and he's really the third member of Hemsley + Hemsley.

We've pretty much lived more or less in each other's pockets since we met, as we often work together from home. At the weekends, we don't talk work and give each other space.

I think the secret of a happy relationship is listening and trying to see life from the other person's perspective, and being compassionate.

I'd love someone to organise our wedding, and then Nick and I could just turn up, because we never seem to get round to it ourselves.

#### What's been your toughest time?

WHEN my father, Jack, died aged 72 in 2014. He always encouraged me and my sister by telling us we could do anything we put our minds to. It was actually amazing to be with him when he passed.

It brought home to me that in the West, we need to improve our understanding and relationship around death. Losing him's made me even more determined to live every day and appreciate it – but not in the Western way of feeling you have to achieve something daily and you're only worth what you can show off.

#### What can't you resist?

CAR-BOOT sales, which are the best day out you can get. Mostly everything I have, from my furniture to my clothes, comes from them. Discovering and re-purposing things and finding bargains is eco-friendly and fun.

Jasmine Hemsley has joined the fight against childhood obesity in support of Beko's Eat Like a Pro initiative. Together, they hope to empower future generations to live healthier. For more information, visit beko.com

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Eating capers significantly boosts your intake of sodium, however, so people sensitive to salt should avoid consuming a lot of them.

## DOCTOR'S NOTE



Alcohol accounts for 1 in 20 deaths worldwide

ALCOHOL causes about three million deaths a year – or about one in 20 of all deaths worldwide, according to a report by the World Health Organisation (WHO).

Men accounted for about three-quarters of the alcohol-related deaths, with the largest single cause – at 28% – being injuries. Digestive disorders (21%) came second and alcohol-related cardiovascular disease third (19%).

"The alcohol consumption level continues to be very high," noted WHO's Vladimir Poznyak. But it's not all bad. Four years ago the WHO reported more alcohol-related deaths, and in several areas, including Europe, the proportion of drinkers has fallen.



Jasmine, right with her sister Melissa



Jasmine Hemsley, above, and her book, below





## FAMILY MATTERS

**CHILDREN'S**  
BOOK OF THE WEEK**ANNE FRANK'S DIARY:  
THE GRAPHIC ADAPTATION**

by Ari Folman and illustrator David Polonsky, Viking, £14.99 (ebook £9.99)

★★★★★  
ARI Folman and David Polonsky are an Israeli writer and illustrator team known for their Oscar-nominated, animated film and book *Waltz With Bashir*, which relates Folman's experiences as a soldier in the 1982 Lebanon War.

This graphic adaptation of Anne Frank's Diary takes us from 13-year-old Anne's everyday life at home and in school, into hiding from the Nazis in a secret annexe in her father's Amsterdam office.

Anne's character and her hopes and fears are brought to life by the graphics, as are her relationships with her family and the other residents, while her everyday frustrations are vividly portrayed.

Towards the end of the book large chunks of Anne's letters are printed in full because Folman and Polonsky felt unable to render them in a better way as Anne's writing had improved so much.

The story ends with a moving montage of Anne's face in all her moods.

(Review by Sue Barraclough)

**KIDS' BUY**  
OF THE WEEK

PRIMARK'S latest accessory range is 'practically perfect in every way' because the collection of cases, bags and coin purses ties in with the upcoming cinema release of *Mary Poppins Returns*.

It includes a vanity case with a pastel, floral design and a pink silhouette of the famous nanny on it, and two coin purses - one in the shape of a blue hat - and the other with the same floral design as the vanity case. The budget retailer will also be selling another coin purse in a similar shape to the one featured in the original 1964 film.

Prices will start at around £4 and go up to £10. The range lands in stores on Sunday, November 4. *Mary Poppins Returns*, which stars Emily Blunt as the magical nanny, hits cinemas on Wednesday, December 19.



Emily Blunt as Mary Poppins

## Simply telling kids to go outside won't work, you have to persuade them

JAMES Cracknell has won two Olympic rowing gold medals, raced across the Atlantic and the Sahara, and even made it to the South Pole. And now he's completed another huge challenge which many of us struggle with, too - teaching his two young daughters lost outdoor skills.

The Olympian took to adventuring after retiring from competitive rowing in 2006, and has recently been putting his own outdoor skills to good use in Channel 4's *Celebrity Island* with Bear Grylls.

James believes it's a shame that many children have no outdoor nous, such as knowing how to light a campfire and map read. So, the 46-year-old teamed up with Vauxhall Motors and got his two daughters, Kiki, nine, and Trixie, seven, to put down their tablets and get out with him, so he could help them master some of the skills.

"We lead such busy lives," James says, "for us as a family it's really important to get outside for some quality time together. It's been great to explore more of the outdoors with my girls - showing them a few skills has shown them how much fun you can have when you go back to basics."

More than half of parents questioned by Vauxhall said their children have no outdoor skills, yet 83% think it's important. However, almost half admitted they wouldn't feel confident teaching children basics, like reading a map or identifying a flower.

James, who's married to the TV presenter Beverley Turner, showed

FROM MAP READING TO MAKING A CAMPFIRE, OLYMPIAN JAMES CRACKNELL HAS GONE BACK TO BASICS TO TEACH HIS GIRLS OUTDOOR SKILLS, HE TELLS LISA SALMON

## TOP TEN 'LOST' OUTDOOR SKILLS

1. Map reading
2. Reading a compass
3. Identifying flowers
4. Lighting a campfire
5. Birdwatching
6. Foraging
7. Putting up a tent
8. Tying a knot
9. Fishing
10. Toasting marshmallows



James Cracknell and daughters, Kiki and Trixie



DOUBLE  
TROUBLE  
FOR A  
FIRST-TIME  
DAD OF TWINS

## Loose nappies sink ships when it comes to

"THEY probably won't catch it but there's a nasty bug going around," Kathy the nursery assistant whispered in a conspiratorial voice.

"They'll be fine, they've only just got over one, I'd be surprised if they were ill again," I replied in a wildly optimistic fashion. The nursery was certainly a few babies down, which implied that the threat had been isolated.

Indeed the next day, it looked like Thomas and Emma were some sort of genetic superbabies.

This theory was tested

when I collected them and Kathy said they'd had a few 'loose nappies'. Initially, there was confusion over the terminology. I thought 'loose nappy' might be a specific complaint about the construction of the product.

In fact, a loose nappy is not a technical matter but a physical one. We chose not to panic yet though because the twins were still smiling and ate dinner without any kerfuffle down below.

Until Thomas' cod and spinach in cream sauce made a surprise reappearance.

Again, I wasn't worried. I

pointed out to Victoria lots of people might be sick after eating cod and spinach in cream sauce.

And he was coughing a bit so that provided an adequate explanation. It was definitely something stuck in his throat.

Despite this positivity, I could sense there was tension as we both pondered the possibility of missing work to look after a couple of vomiting babies.

Even on a bad day, working is far better than caring for babies with a vomiting bug.

The morning would provide the answer and it replied with





Olympic glory in Athens, 2004



James with his wife Beverly Turner

his daughters how to light a fire after collecting firewood, how to use a compass and read a map. Their older brother, Croyde, 15, didn't join them, but his dad says: "My lad's really not afraid of anything that wriggles, jumps or crawls, and takes a lot less persuading to get into the outdoors, contrary to my wife! In all honesty, all the kids are happy to be outdoors – though it's a bit trickier if it's raining, they'd much rather be out in the sun."

Some kids, of course, will take more than a little persuading to get off their phone or tablet to get outdoors to learn new skills, and James stresses: "Simply telling kids to go outdoors won't work, and you can't tell them to come off playing Fortnite to go outside. You might need to persuade them to go on a trip by bringing some gadgets with them, but once you're there, they'll realise how much fun it really is. After that, it's no problem getting them outdoors."

Like many children of his generation, James himself learned outdoor skills at Cubs and Scouts, and on family camping trips.

"As a child, I enjoyed most everyday outdoor activities. My family would always drive to France to camp, we never stayed in hotels and I hadn't been on a plane until I was 18 for the World Championships."

"We also owned a canoe, so I've actually enjoyed rowing since childhood."

"To this day, I never travel without a map. With a satnav, you could be driving to anywhere and have no idea where you are."

But James thinks parents should "definitely" learn outdoor skills themselves, noting: "Almost half of parents don't feel confident in teaching their kids outdoor skills. The majority have to actually resort to the internet to do so, even though they feel these skills are important."

He says this is why he wants to encourage more people to get outdoors, and points out it's nice for children to learn skills and do activities that will still serve them well as grown-ups.

Finally, the dad and action man says that after his time on the survival reality TV show *Celebrity Island*, hosted by Bear Grylls, he wants to try living more simply – and avoid plastic when he can.

"I'm in no rush to eat coconuts, that's for sure," he laughs.

"One thing you notice on the island is the amount of plastic in the oceans, which is actually horrendous, so I'll really avoid using single-use plastic."

"There's a lot of simple things I want to go back to doing. This campaign is all about going back to basics, and my time on the island made me realise the joys of simplicity."

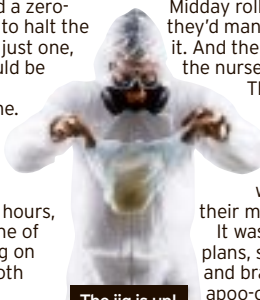
"The beauty of camping is that you don't really need to have much with you to enjoy it, so I'm really looking forward to enjoying more of that with the family."

## keeping secrets from nurseries

nappies so loose, they were almost non-existent.

To add to our woes, nursery was on lockdown, they'd adopted a zero-tolerance stance in a bid to halt the spread. If there was one, just one, loose nappy then we would be summoned to collect the twins and take them home. I explained that they seemed fine, had incredibly firm nappies and made a run for it.

It was only a matter of hours, maybe minutes before one of them blew. We were living on borrowed time and we both had stuff to do.



The jig is up!

Time ticked very slowly but we made it to 10am, then 11 and then I felt a rush of optimism.

Midday rolled around so maybe they'd managed to keep a lid on it. And then at precisely 1.42pm the nursery phoned.

The game was up; Emma had been sick on the climbing frame and Kathy was struggling to keep up with the volume of their movements.

It was time to cancel all plans, stock up on wet wipes and brace ourselves for the apoo-calyapse.



### BEDBUG BUDDY

Lumie bedbug child sleep aid night light  
£49.99, John Lewis & Partners



### BAA-RILLIANT BUY

Chicco lullaby sheep soft plush night light  
£14.99, Argos



### STAR QUALITY

Castleton Home star night light  
Was £38.99, now £34.99, Wayfair.co.uk

## KIDS' PUZZLES!

### SPOT THE DIFFERENCE



Can you spot the six differences between the pictures below?



## WORDSEARCH

Can you find all these Aardman characters in the grid?

FEATHERS

PRESTON

FOWLER

ROCKY

GINGER

SHAUN

GROMIT

VICTOR

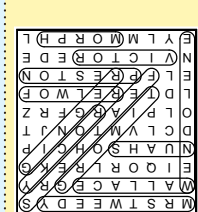
MORPH

WALLACE

MRS TWEEDY WENDOLENE

M	R	S	T	W	E	E	D	Y	S
W	A	L	L	A	C	E	G	R	Y
E	I	Q	O	R	L	R	E	K	G
N	U	A	H	S	O	H	C	I	P
D	C	L	V	M	T	O	N	J	T
O	L	P	I	A	R	G	F	R	Z
L	D	T	E	R	E	L	W	O	F
E	L	F	P	R	E	S	T	O	N
N	V	I	C	T	O	R	E	D	E
E	Y	L	M	M	O	R	P	H	L

### Solutions





## FAMILY HEALTH

# Why your fitness routine doesn't have to be worthy of Instagram



Posting a picture on social media after every single workout isn't necessary

Celebrities on social media can give us unrealistic health goals, writes **RUTH LYNCH**

**M**ANY of us will have a love/hate relationship with social media. We enjoy scrolling through our favourite celebrity's Instagram to see what they are wearing, eating and how they spend their days.

But this can quickly turn into a guilt-fest as we see how much weight they have lost post-baby, or images of them flashing their toned abs with the caption 'ate too much today'.

Of course, this is not helpful, and it's easy for them when they have an endless supply of surgery, private chefs and personal trainers.

So while social media can be a wonderful thing, it is important to take it with a big pinch of salt, and make sure you take control of your own fitness in a way that suits you.

**DON'T JUST 'DO IT FOR THE 'GRAM'** INSTAGRAM feeds are filled with selfies taken on a running machine or arty pictures of people doing the latest weird and wacky fitness craze.

But let's face it, they are uploading their pictures to show off and get 'likes', not because they genuinely want to endorse it as a great way to get fit.

A walk to the park with the kids, cycling to the shops and going to the less-fashionable exercise class at your local leisure centre may not be Instagram worthy, but it's just as worthwhile when it comes to health benefits.

**DON'T BE FOOLED BY A FILTER** LET'S be realistic. Celebrity Instagram feeds are as manipulated and reworked as a magazine fashion shoot.

Don't compare yourself with celebs such as Kim Kardashian



No amount of squats and leg lifts are going to give you a replica Kardashian behind.

However, hitting the gym and speaking face to face with a personal trainer can help you achieve a healthy level of fitness to suit you and your lifestyle.

Fitness coaches are highly qualified to help you get the result you want.

They can discuss your targets, your problem areas, and advise you what you need to do to attain your dream figure or weight – or as near as possible without surgery.

**BE INFLUENCED BY YOUR PEERS** SOCIAL media has created a whole new kind of celebrity – influencers.

These are the 'normal' people who share their lifestyle on Instagram, providing tips and advice to help you follow in their footsteps.

Following a yoga instructor, personal trainer or adventurer is a much healthier way to compare fitness than with celebrities.

Again, nothing beats a face-to-face consultation with a fitness coach, but they can be a perfect motivator or source of advice for new ideas.

There are some great social influencers who concentrate on body positivity and fitness, so make sure you choose people who inspire and challenge you rather than make you feel intimidated.

**MAKE FRIENDS**

IT'S not necessary to validate every workout by posting a picture on social media.

Beating your personal best or getting a pat on the back from

Walking is good for your health – whether you put a picture on social media or not



another gym goer is much more rewarding.

Going to a fitness class or the gym and exercising as a group is also much more positive for your mental health and wellbeing than getting a few 'likes' for a picture you posted.

**USE IT FOR THE BETTER...**

SOCIAL media can give you a fantastic insight into what classes, sports clubs and group activities are out there for you to join.

Facebook groups set up by your community clubs will always have plenty of photos and stories, so you can check if it's the right thing for you.

It can also give you an idea of the

difficulty level. Seeing people at a similar fitness level or with a body shape like you can give you the confidence boost you need to take that first step into a new class.

**TRACK YOUR PROGRESS**

WE ALL have an annoying gym-bunny friend who painstakingly logs every workout on every media platform. But shouting about your success –

whether it's running your first marathon or jogging your first mile without stopping – can do wonders to help keep up your motivation.

Monitoring your fitness activity through social media can also be a great way to encourage your friends and family to join you.

Most modern fitness trackers will link into your social media so you can record your achievements and organise competitions between friends.

**WATCH OUT OF BAD INFORMATION**

SOCIAL media is a fantastic resource, but there is a lot of bad information out there. Do your best to make sure fitness advisers and food bloggers you follow have the right experience and qualifications to be giving you advice.

Most will include their credentials in their bios and be affiliated with a sports programme or gym.

While social media can provide us with great advice, encouragement and motivation, it can also give us unrealistic expectations.

Using it to your benefit can be a fantastic resource, but don't get sucked in if something seems too good to be true.

■ Ruth Lynch is head of health, fitness and communities at Life Leisure (lifeleisure.net).

Ruth Lynch from Life Leisure

## ASK THE EXPERT

### CAN CHEMICALS IN PLASTIC RAISE THE RISK OF PREMATURE BIRTH?

**Q**'I'M PREGNANT, and I've read that chemicals in plastic can increase the risk of premature birth. What are these chemicals, and should I avoid them until at least after my baby's born?

**A**JENNIFER YLAND, an epidemiology researcher at Harvard University's T.H. Chan School of Public Health in the USA, who led a recent study into whether chemicals in plastic interfere with pregnancy, says: "Research suggests some environmental chemicals commonly found in plastics and personal care products, such as phthalates and phenols, are associated with a higher risk of preterm birth."

"These chemicals, sometimes referred to as endocrine disrupting chemicals (EDCs), may be harmful because they interfere with our endocrine system."

"In the pre-conception period, they may disrupt egg development by promoting inflammatory processes."

However, there are a range of possible mechanisms by which these chemicals may influence reproduction and development.

"Exposure to these chemicals is widespread as they have diverse consumer and industrial applications. Some phthalates are used to soften plastics or can be used as solvents and can be found in cosmetics, toys, food packaging, and medical devices. Phenols like BPA are used to make resins and plastics and are found in food can liners, hard plastic containers, and thermal paper sales receipts."

"It's important to note that 'BPA-free' plastic products often substitute BPA for other bisphenols, like BPS. The potential effects of these chemicals aren't yet fully understood, but they may behave like BPA."

"It would be unrealistic to try to avoid all phthalates and phenols, however, there are some steps that can be taken to reduce exposure."

"Pregnant women may wish to swap plastic food containers for glass or stainless steel, avoid polycarbonate plastics, try to avoid heating plastic containers, reduce use of canned foods in favour of fresh or jarred, or try phthalate-free cosmetics and unscented personal care and household products."

"These steps can be adopted by everyone, not just pregnant women, as the effects of these chemicals aren't limited to pregnancy."



Jennifer Yland



## HEALTH &amp; LIFESTYLE

**W**E all know the clichés of the midlife crisis – the sports car, the wardrobe overhaul, the desire to chuck yourself around at Arctic Monkeys gigs and, um, the affairs.

But there are reasons behind the stereotype. There's a wake-up moment in middle age when you realise most of your life is probably behind you. Plus the stress of caring for a young family as well as ageing parents, while shouldering job pressure can take its toll on your mental health and relationships.

In fact, a report from the Office for National Statistics found middle-aged people are the least happy, have the lowest levels of life satisfaction and suffer the most anxiety.

And men are more vulnerable than women, who reported feeling more satisfied overall.

"There's always been a clear correlation between how the economy is doing and the mental health of middle-aged men," says Dr Rafael Euba, consultant psychiatrist at The London Psychiatry Centre (psychiatrycentre.co.uk). "There's pressure to achieve, which isn't always easy, especially in times of economic hardship, and that can provoke a deep sense of failure."

While women tend to deal with psychological distress by talking to each other, Dr Euba says men are reluctant: "Most men still think acknowledging they're suffering is a sign of weakness, and so put up with stress which is more likely to come out in other ways, such as drinking."

Have you reached a crisis point? Our Q&A could help you to find out, and learn how to navigate those rocky years...

#### Do you fail to embrace new things and feel the best is behind you?

Middle age can actually be a great time to try new things, says Dr Euba: "When you're young there are many possibilities in the future, but by middle age it's common to think, 'this is my life,' and dwell on things you haven't achieved."

"But you could argue you're in the peak of life. Yes, if you watch films and read novels you'd think that peak time is the 20s, but people in their 20s make huge mistakes."

"By now, you're experienced, you know what you like and what you don't, you will probably have more money and freedom, so potential to enjoy life is huge. You may also look at life in a balanced way."

#### Do you feel overwhelmed by stress, but keep it bottled up?

Planning your goals and reaching out to friends for support are key, says Dr Euba. He says: "Stress often comes down to economic pressure and dealing with the system – providing for your family's future and dealing with authorities over schools and care provided for elderly parents."

"You need to be able to delegate if you can, to compromise where necessary, to negotiate and to plan."

"If you're feeling overwhelmed, it's crucial to make use of your social network and don't regard stress as a sign of weakness, but as a sign you have to plan things and get support

# Have you developed middle-age manxiety?

**YOUR MIDDLE YEARS CAN BE A HIGH PRESSURE AND CONFUSING TIME, SAYS CLAIRE HIGNEY, BUT DON'T BOTTLE UP YOUR FEELINGS (OR GET A TATTOO THAT YOU'LL REGRET)**



from the other people in your life."

#### Do you feel trapped or dissatisfied at work?

This is a tough one to sort out, admits Dr Euba: "Most of us can't just walk out of a job if we have dependents. But it can help to remind ourselves of the norm – that it's a minority of privileged people who genuinely love their job and earn good money from it. They are the exception to the rule – not you."

"Don't compare yourself to others. These days, largely thanks to social media, if your life isn't amazing it's tempting to believe you're failing. But

it's normal to have difficult days.

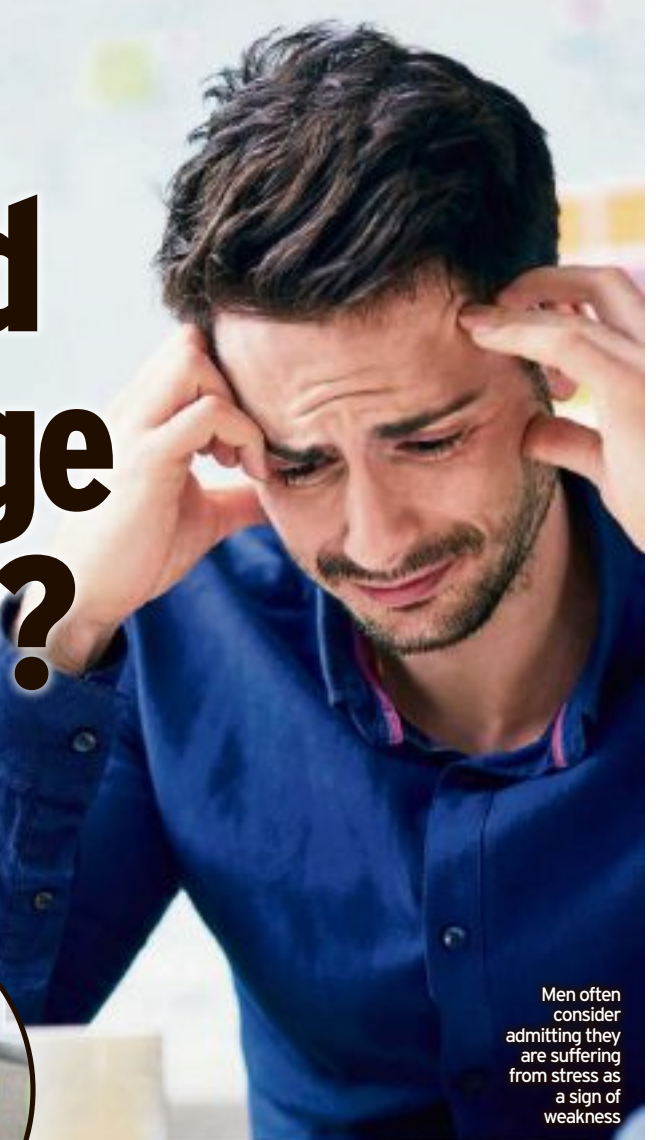
"Set yourself smaller, achievable goals and celebrate those wins and, if possible, try to carve out areas of your work that you're in control of."

"It's also important to understand there's much more to being a man than how big your salary is and how far you go in the hierarchy."

#### Are you anxious about your physical health?

Our bodies begin to decline in middle age and it can be a painful glimpse of what's to come.

Dr Euba says: "The knowledge there's less ahead combined with the



Men often consider admitting they are suffering from stress as a sign of weakness



If you're unhappy with your body or bored with your routine, take positive steps like joining a gym or setting new and achievable goals to focus on



onset of physical ailments can cause anxiety. Getting fitter is good for the mind and there's growing medical evidence that exercise can help people beat depression. The key is, don't overdo it.

"Pay more attention to lifestyle – don't smoke and don't drink too much – and just be aware of your body. Taking responsibility for your health will help you feel in control."

#### Do you feel your sex life and relationship are dull? Do you want to cheat?

If you've been in a relationship a long time, along with a sense of stability can come a sense that life is, well, just a bit boring.

Dr Euba says: "Men's sexual potency does start to decline in middle age, and although it's more subtle than it is for women, it can affect self-image for some men."

"If that's combined with a lack of sexual interest from their current partner, many guys take that as a personal failure. These things can make couples more vulnerable to affairs."

"It helps to know these issues are normal and seeking help in therapy doesn't mean you're less of a man."

**“If you're feeling overwhelmed, it's crucial to make use of your social network and don't regard stress as a sign of weakness, but as a sign you have to plan things and get support from the other people in your life.**

Dr Rafael Euba, consultant psychiatrist at The London Psychiatry Centre



## FOOD &amp; DRINK

## We're not adventurous enough in the kitchen



WEEKEND BREKKIE

FIGS WITH YOGHURT  
HONEY AND ROASTED  
BARLEY CRUMBLE**INGREDIENTS:**

(Serves 4-6)  
400ml thick Greek yoghurt  
6 perfectly ripe figs  
2-3tbsp runny honey and  
honeycomb  
Few thyme sprigs (optional)  
For the barley crumble:  
100g plain flour  
Pinch of fine salt  
100g butter, cubed and  
chilled  
75g golden caster sugar  
75g barley flakes

**METHOD:**

**1.** First, make the barley crumble. Heat the oven to 175°C/335°F/gas mark 5½. Combine all the ingredients in a large bowl. Mix and rub the ingredients thoroughly together until you have formed clumps and lumps.  
**2.** Line a large baking tray with a piece of baking parchment. Tip out the mixture onto the tray and distribute evenly. Place in the

oven for 20-30 minutes, turning the crumble over three or four times during baking, until it is evenly golden all over. Remove from the oven.  
**3.** To construct the dish, spoon the yoghurt out onto a large serving plate or platter and spread it evenly over the base. Halve the figs, or quarter them if they are large, and scatter the pieces over the yoghurt. Cut the honeycomb up into small sticky bits and distribute this, along with the runny honey, in, around and over the figs.  
**4.** Scatter over a few generous handfuls of the barley crumble, and finish off with a little shake of leaves from the thyme sprig, if using.

**F**OR most of us, the kitchen is where it all happens. From quickly grabbed slices of toast and last-minute snatches of homework, to the lazy chaos of prepping and dishing up Sunday lunch, and drunken late-night arguments over who ate the last of the crisps and dip.

"It is the kitchen, for most people, where interaction and life takes place," explains food writer Gill Meller, best known for his work with Hugh Fearnley-Whittingstall at River Cottage. "Our kitchen, when we were growing up, was fairly lively. My parents were quite sociable, everything just happened there – friends would come, people would stay, food would be cooked."

From his childhood in his parents' kitchen, he went on to spend his adulthood in commercial kitchens: "So as a space and a place, it's always had a real significance and poignance – more so than the other rooms in one's house."

As such, he has peppered his latest cookbook, *Time*, with photographs of kitchens that belong to people he loves – "to make some noise" about these fundamental rooms that underpin what we eat, how we eat it, and who we eat with.

Gill, 37, says his kitchen now isn't packed with gadgets and instead he relies on a couple of good sharp knives and "sentimental things", like his pestle and mortar, his wooden spoons, and an old silver fork.

The collision between memory and cooking is a thread he tugs on throughout *Time*, be it through the impact of a specific



Gill Meller, left, and his new book, below

RIVER COTTAGE CHEF  
GILL MELLER TELLS  
ELLA WALKER WHY HE  
WANTS US TO USE MORE  
EXCITING INGREDIENTS  
IN OUR COOKING

utensil, the joy of a borrowed recipe, or in trying to recreate a childhood meal from memory and taste alone.

"Memory is all we really have as people, in the sense that we don't really know what tomorrow's going to bring," says Gill. "The present is an instant, so everything that shapes us and moulds us and gives us what we know, is in our memory. Anyone who writes a cookbook, they're only pulling on memories, even if they're creating a new recipe."

He believes food memories are particularly significant, "because eating and tasting is such an important part of our lives and the senses trigger memories like nothing else". Even something as simple as fish fingers can take you back, he notes with a laugh.

Gill's mother died last year,

and her food and influence can be felt throughout *Time*, be it in the seasonal nature of his recipes, recollections of her "old turquoise, crank-handled runner-bean slicer", or in sharing her recipe for spaghetti with tomato and fried chicken, a dish everyone in his family makes.

The book is split into three parts – Morning, Day, Night – but essentially mirrors, breakfast, lunch and dinner, and includes recipes from across the seasons in each section.

And the food itself, says Gill, is straightforward and achievable too. Time, he admits, is a touch more accessible than his debut cookbook from 2016, *Gather* – for instance, there's no squirrel meat in this one, but he's all for encouraging people to consider different ingredients.

"We live in a fairly sheltered culinary society, in that we're not that adventurous," he adds. "You only need to go to France and take a quick trip into the butcher's shop and you'll see things the majority of people in the UK wouldn't dream of eating on a regular basis; intestines and brains, all sorts of unusual offal pieces."

"I love liver and bacon," he continues. "I don't see why we should be nervous of it, it's just another part of the animal. It might be an organ but it's still flesh."

He extends this attitude to where he cooks too. Take a quick glance at Gill's idyllic Instagram feed and you'll see envy-inducing pictures of him cooking over hot coals on West Dorset beaches (he lives near Lyme Regis with his wife and two daughters).

"I just love being outside, I love cooking; if you combine the two, it makes for a pretty good day," he says with a grin.

He laments the loss of understanding around food and fire, brought on by the availability of electricity and gas, which historically saw households ditching their open fires and coal range burners – but we can rebuild that connection. "Tune out for a bit, go outside, make a fire, cook something nice to eat – there's nothing more primal or simple or basic than that," he says. It just comes down to making time for it.

■ *Time: A Year And A Day In The Kitchen* by Gill Meller, photography by Andrew Montgomery, is published by Quadrille, £25.

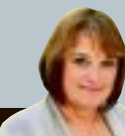
LAST night I had on more layers than a cake in a British Bake Off Showstopper Challenge. It was the first proper chilly night in our household this autumn and slippers, jim jams, two jumpers and a blanket didn't quite take the edge off the cold. I was making notes about a glass of red wine (it's how I rock and roll) and pondering what to write about this week. When it struck me.

I was snuggling up – I was holding a glass of red wine, it made me feel better – and so my friends, here's three autumn-friendly reds to warm your toes.

My light switch moment red came with **Solevari Reserve Syrah** (£11.99, Virgin Wines, 13.5% abv). It is created in Romania by producers Cramele Recas and is the inspiration of Aussie wine

RAISE  
A GLASS

WITH JANE CLARE



maker Hartley Smithers. It's a deep red, verging on the colour purple yet is not quite full-bodied as I can slightly see my fingers through the glass. It oozes aromas of vanilla and liquorice, blackcurrants and black cherry. To taste, a good sprinkling of spice flashes in and out of dark fruit flavours and a veil of vanilla. There's a decent acidity which freshens, the tannins are integrated and the lasting effect is one of spice.

Hold my hand as we zip off to McLaren Vale in Australia for **Wirra Wirra Church Block 2016**

(RRP £13.49, Waitrose, Ocado, 14.5% abv) which is a blend of cabernet sauvignon, merlot and shiraz. This wine is another compote of warming dark fruits, with confident shouts from plums and damsons. The wine has been aged in a mix of French and American oak, which together bring overtones of vanilla and chocolate; but there is still a lightness of touch with the wave of a woodland breeze.

For my final choice I'm going to take you to Spain.

I tasted **Smooth Red** (£4.99, 13% abv) at Spar's seasonal tasting the other week, where many months of work by the Spar



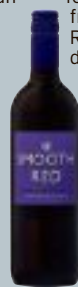
team to revamp its wine offering was seen to be finally bearing fruit. (Is that a pun? I'm not sure.) The red is part of its Taste Range, launched last year together with its Alphabet range (you see a simple "G" on a wine label, and the wine is garnacha etc.). Those ranges are now supported by an Exclusives line and the new Regionals Selection line. The latter has a set of labels designed to pull together the many wines from across the world – France, Chile, South Africa, Italy, Spain, Argentina – under a consistent umbrella.

Philippa Carr MW, Spar's wine consultant, told me they've had to think carefully about what the modern consumer wants, especially in

stores where a wine buying decision could be made in seconds. The range is now complete, with "the consumer respected in the lifestyle choices they want to make".

I'll share more of the new wines as we inch towards Christmas, but for now, the very adequate and friendly autumn warmer Smooth Red is 100% merlot and produced in Spain. Raspberry jam. Strawberry jam. Jam, jam, jam. This wine is dotted with spice but if it's a fruity autumn warming wine you want at a reasonable price, then there you go.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.



**INGREDIENTS:** (Serves 4)  
 1 celeriac (about 800g), peeled and cut into bite-sized chunks  
 2 red onions, halved and each half cut into 3 or 4 wedges  
 2 garlic cloves, peeled and sliced  
 2 rosemary sprigs, torn  
 1 small bunch of thyme, torn  
 2 bay leaves  
 2tbsp olive oil  
 15g pumpkin seeds  
 15g sunflower seeds  
 300g skirt steak  
 1 large handful of salad leaves and herbs  
 Salt and freshly ground black pepper  
**For the dressing:**  
 2tbsp extra-virgin olive oil  
 2tsp Dijon mustard  
 2tsp sugar  
 1tbsp red wine vinegar

**METHOD:**

1. Heat the oven 180°C/350°F/gas mark 6.  
 2. First, make the dressing. Put all the ingredients in a small bowl or jug, season with salt and pepper and whisk vigorously to combine. Set aside while you make the salad.  
 3. Scatter the celeriac over a large baking tray, then the



## WINTER SALAD

WARM SALAD OF  
 SEARED SKIRT STEAK,  
 ROAST CELERIAC, RED  
 ONIONS AND HERBS

onions, then the garlic, rosemary, thyme and bay. Trickle one tablespoon of the olive oil over and season well with salt and pepper.

4. Place the baking tray in the hot oven and roast, turning the celeriac occasionally, for 35 minutes. Remove the tray from the oven and scatter over the seeds, then return to the oven for a further eight to 10 minutes, or until the celeriac is a little caramelized on the outside and tender in the middle. Remove from the oven and keep warm.

5. Season the steak all over with plenty of salt and

pepper. Heat a medium-large frying pan over a high heat. Add the remaining olive oil and, when hot, add the steak. Cook for about one to two minutes on each side for rare; or two to three minutes on each side for medium. Lift the steak from the pan and keep warm.

6. Take a large, warmed serving platter and scatter over the roasted vegetables and seeds. Slice the skirt steak thickly across its grain and place this on and around the celeriac. Top with the salad leaves, then trickle over the dressing and bring to the table.

**INGREDIENTS:** (Serves 4)  
 Dash of extra-virgin olive oil  
 1 piece of cured pork belly (streaky bacon; about 350g), cut into 4-5cm cubes  
 500g fresh pork belly, cut into 4-5cm cubes  
 1 large or 2 small leeks, halved and sliced  
 2 or 3 garlic cloves, peeled and thinly sliced  
 4-6 bay leaves  
 2-3 rosemary sprigs  
 2-3 thyme sprigs  
 2tbsp plain flour  
 450ml cider  
 450ml pork, chicken or vegetable stock  
 Knob of butter  
 250g wild or cultivated mushrooms, cut into large pieces  
 200ml double cream  
 Small bunch of parsley  
 Salt and freshly ground black pepper

**METHOD:**

1. Heat the oven to 150°C/300°F/gas mark 3.  
 2. Heat the oil in a large heavy-based casserole over a medium-high heat. Add the cured and fresh pork belly pieces and cook the meat for six to eight minutes, or until



## HEARTY SUPPER

STEW OF PORK, BACON AND  
 MUSHROOMS WITH CREAM,  
 CIDER AND PARSLEY

well browned on all sides.  
 3. Lift the pieces out of the pan using a spatula and set aside. Add the leeks to the same pan, along with the sliced garlic, all the herbs and a little seasoning. Sweat the leeks gently for about 10 minutes, then return the browned pork pieces to the pan, sprinkle over the plain flour and stir well.

4. Cook for a further three to four minutes, then pour in the cider and stock and bring to a simmer. Stir well, then place a tight-fitting lid on the pan and place in the oven for two hours, until the pork is fork tender.

5. Meanwhile, set a large

frying pan over a high heat and add the butter. When it's bubbling, add the mushrooms, season them lightly and saute, turning them regularly, for six to eight minutes, until cooked through. Set aside.

6. When the casserole is ready, remove it from the oven and add the fried mushrooms and double cream. Stir well, then return the pan to the oven for 15 minutes without its lid.

7. Stir in the chopped parsley and check the seasoning before bringing to the table with a sharply dressed green salad and some good bread.

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## GETAWAY

On the unspoiled north-west coast of Mallorca, **GEORGIA HUMPHREYS** enjoys a sumptuous stay at one of Richard Branson's retreats

**F**ROM Necker Island to South Africa and Verbier, Sir Richard Branson has homes all over the world. And yet, there's one place he holds particularly close to his heart – Son Bunyola, a luxury retreat on the north-west coast of Mallorca, which is open to the public as a Virgin Limited Edition property.

But how often does the busy business magnate actually get to visit the sprawling 680-acre estate with three villas nestled amongst seemingly endless rows of trees?

General manager Lee Bowes reveals her boss rocked up to stay twice this year, and on his most recent visit, he even challenged some guests to a game of tennis.

Eager to sample the place for myself, I head over for a long weekend.

The founder of Virgin group first visited Mallorca as a child, and he later took his own children to the Spanish island for summer holidays. In fact, the Bransons are such fans of this region, his son, Sam, even named daughter Eva-Deia after the town Deia, which is a 45-minute drive from Son Bunyola.

Surrounded by the Tramuntana mountain range, jutting out from the lime green coastline to the azure sea, Son Bunyola is close to plenty of hiking and cycling trails and is perfect for an adrenaline junkie like Branson. It's also peacefully unspoiled.

On the helter skelter of a drive down from the main road, you'll gasp at the central 18th-century finca building, typical of the grand farmhouses that can be found all over Mallorca and Spain. Rows upon rows of crumbling terraces lead down from it, making patterns on a landscape dotted with vines and towering olive trees.

Amazingly, some members of the team who work at Son Bunyola today actually lived in the finca as children in the 1970s. Back then, the estate was used as farmland and harvested alfalfa, almonds and vegetables.

As for the future? Plans are in the pipeline to transform the finca into a villa, and olive oil will be produced on the estate within a year.

Perhaps it's the secluded location,



Sa Punta, Son Bunyola, Mallorca

# VIRGIN TERRITORY



The Mallorca coastline

with no other buildings in view for kilometres, or the fact guests have their own team and chef on hand to cater for every need – but I've never stayed somewhere so tranquil.

There are three individual villas to choose from – Sa Terra Rotja, Son Balagueret and Sa Punta de S'Aguila – and each feels very different.

With handcrafted terracotta flooring and local Binissalem stone used throughout, the vibe is undoubtedly traditional – and yet, there's a clever contemporary contrast thanks to pops of bright artwork.

I stay in Sa Punta de S'Aguila, which translates as 'Eagle's Point' – a five-bedroom villa located along a track above the coastline.

My room feels light and airy, thanks to the exposed beam ceiling, large windows and traditional dark green

shutters opening out onto a terrace. I have access to a private heated swimming pool with a great choice of fun inflatables, and relaxing with the mountains in view is a picture-perfect holiday memory.

Post-swim, I relish my huge walk-in shower – it takes up the entire length of one side of the bathroom.

Mornings begin with downward dogs at sunrise on my terrace overlooking the sea. Jay from Earth Yoga, a studio in Deia, comes to lead classes tailored to experiences and preferences.

Spa therapists from Mountain Wellness also venture onto the estate to rejuvenate me with an outdoor massage. The sound of birdsong means there's no need for relaxing spa music.

When it comes to eating and drinking at the villa, you're encouraged to help yourself to anything in the fridges – there's every alcohol imaginable on hand, ice lollies for the kids, canapés, punchy cocktails and bowls brimming with chocolates.

Grinning chef Bruno cooks lunch and dinner at the villa, and will sneakily listen in on mealtime conversations for inspiration about what guests might like to eat next.

Breakfast is laid out in the mornings, so you can come and go as you please – just make sure you ask the chef to pre-cook his special pancakes to leave in the fridge for you.

Branson loves hiking around the estate, and a walk not to miss is the one down to Son Bunyola pebble beach, which takes 40 minutes from Son Balagueret. Ask the team for a pair of aqua shoes, so you can clamber over the rocks pain-free, and float in the ocean with an uninterrupted view down the wild terracotta-red coast.

My favourite activity is a hike along the path to Banyalbufar. Our guide, Eduard, who founded Mallorca Alpina

with his brother David, teaches me about the flora.

I spot wild strawberry trees and mushrooms – along with houses belonging to famous faces, such as Michael Douglas.

Following a quick swim and fiery sunset at Banyalbufar, I head for dinner. (Once a week, staff at the villas have a day off, encouraging everyone to go out and explore.)

Run by a local lady called Magdalena, Can Paco is a favourite haunt for Son Bunyola guests. After devouring their crispy garlic squid, I can see why. But if you really want to holiday like Sir Richard Branson, he always goes for their signature paella.

It's true, the entrepreneur is a man with good taste. And his special retreat Son Bunyola is quickly becoming one of my favourite places too.

## NEED TO KNOW

■ A seven-night stay Sa Punta de S'Aguila costs from €23,150 (approx £20,300) per week, sleeping up to 10 people and including all drinks and meals. Visit [virginlimitededition.com/en/son-bunyola](http://virginlimitededition.com/en/son-bunyola)



The villa kitchen



Explore the grounds at Sa Punta

Richard Branson has rocked up to stay twice this year. He even challenged guests at tennis



## Entertainment & Leisure

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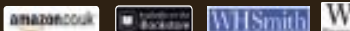
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# Travel



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2019 & 2020 Cruise programme	Departs	Days	Full fare first person	Second person
<b>Sailing from Tilbury on board Columbus</b>				
German Christmas Markets	5 Dec 2019	5	<b>£589</b>	<b>Free</b>
Christmas Market to Antwerp	9 Dec 2019	3	<b>£299</b>	<b>Free</b>
German Christmas Markets	11 Dec 2019	6	<b>£739</b>	<b>Free</b>
Festive Getaway Amsterdam & Antwerp	16 Dec 2019	4	<b>£449</b>	<b>Free</b>
Christmas & New Year Canaries & Madeira	21 Dec 2019	17	<b>£2,799</b>	<b>Free</b>
Amsterdam & Antwerp	5 May 2020	4	<b>£449</b>	<b>Free</b>
Grand British Isles Discovery	8 May 2020	12	<b>£1,849</b>	<b>Free</b>
<b>Sailing from Tilbury on board Marco Polo</b>				
Hidden Baltic Treasures	1 Oct 2019	12	<b>£1,649</b>	<b>Free</b>
Iceland & the Northern Lights	12 Oct 2019	13	<b>£1,799</b>	<b>Free</b>
Norway & the Northern Lights	24 Oct 2019	14	<b>£2,699</b>	<b>Free</b>
<b>Sailing from Tilbury on board Magellan</b>				
French Festive Getaway	8 Dec 2019	5	<b>£589</b>	<b>Free</b>
Caribbean, Canaries & Mexico	15 Dec 2019	27	<b>£4,429</b>	<b>Free</b>

2019 & 2020 Cruise programme	Departs	Days	Full fare first person	Second person
<b>Rotterdam Whitsun Holiday Break</b>				
	23 May 2020	3	<b>£299</b>	<b>Free</b>
<b>Sailing from Bristol on board Marco Polo</b>				
French Christmas Markets	8 Dec 2019	6	<b>£709</b>	<b>Free</b>
Festive Dublin Overnight	15 Dec 2019	4	<b>£449</b>	<b>Free</b>
Festive Dublin & Cobh	18 Dec 2019	4	<b>£449</b>	<b>Free</b>
Christmas & New Year Canaries & Madeira	22 Dec 2019	16	<b>£2,519</b>	<b>Free</b>
Grand African & Indian Ocean Voyage	6 Jan 2020	79	<b>£13,519</b>	<b>Free</b>
Azores, Madeira & Portuguese Highlights	24 Mar 2020	15	<b>£2,129</b>	<b>Free</b>
Easter River Seine Experience	7 Apr 2020	8	<b>£1,069</b>	<b>Free</b>
Treasures of the British Isles & River Seine	14 Apr 2020	12	<b>£1,759</b>	<b>Free</b>
Portugal & Seville Fiesta	25 Apr 2020	14	<b>£1,999</b>	<b>Free</b>
<b>Sailing from Liverpool on board Magellan</b>				
Iceland, Faroes & the Northern Lights	13 Oct 2019	14	<b>£2,249</b>	<b>Free</b>
River Seine Experience	27 Oct 2019	7	<b>£909</b>	<b>Free</b>

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BREAKTIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

US states

F	D	A	W	Y	O	R	N	I	A	X	A	S	I	P
L	I	N	E	A	T	K	R	O	T	E	E	T	S	P
O	R	A	S	K	O	A	L	F	I	N	N	I	S	I
I	V	S	N	A	S	S	A	A	L	E	S	S	E	G
R	N	I	A	N	E	K	A	C	I	I	S	S	O	R
G	I	A	M	N	A	N	H	A	W	A	E	I	I	G
E	P	S	S	I	M	A	I	U	N	O	E	M	A	A
N	S	C	A	A	N	I	S	O	L	G	E	R	O	R
N	T	H	U	T	A	N	J	E	I	C	G	A	N	I
S	T	E	S	N	O	E	W	R	M	H	I	N	O	Z
Y	L	A	S	H	M	O	D	S	A	M	A	A	V	A
A	V	W	N	I	N	M	A	E	Y	A	B	N	E	D
N	I	A	G	T	O	A	R	O	A	L	M	O	H	A
A	S	K	R	N	A	R	O	L	C	U	A	K	A	O
S	N	A	A	D	L	Y	C	Y	K	T	N	E	L	K

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

B	C	I	O	A	G	T	S	H
E			P				H	
F			G				T	
W	A	W	R	A	S	R	E	T
W			Z				C	M
R	S	I	U	N	T	M	G	S

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

	9		5		7		8	
		7			2			
2	3			4			1	9
	2	3	4		9	6	7	
				3				
	4	8	7	6	1	3	5	
8	1			7			5	2
		2						
	7		2		6		4	

Hard

5	9		1		4			
		1				5		
	4			6				
	7		3					
9	3	8				7	4	2
					9		3	
				7			8	
		2				1		
			2		3		7	5

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic

Across

- A motive to set forth logically (6)
- Very small secretarial note (6)
- No longer hold a clique without charge (3,4)
- 11 & 18Ac. A charming staff set up in North America (5,4)
- 12 & 14Dn. But they're not speechless hotel servants! (4,7)
- Slight prevarication about material texture (5)
- Dear Thomas, make the circuit safe inside (5)
- See 11 Across.
- Plan to engress one aviation expert (5)
- Passes on information when representative has a meal (7)
- Distinctive dress for this kind of stable (6)
- 25 & 4Dn. Not necessarily a sentimental film (6,7)

Down

- Before the team take control at the meeting (7)
- I'm surrounded by dough - it's a hobby! (7)
- To collect treasure is difficult if you have nothing inside (5)
- See 25 Across.
- A collection of pieces sounding melodious (5)
- Appears to be a diocese manuscript (5)
- Records showing people's voice ranges (9)
- See 12 Across.
- Live with the commanding officer - just routine (7)
- Communication causes a mix-up a long time after (7)
- This provides enchantment for a certain length of time (5)
- The girl will produce a fruit tree (5)
- Rings up for a film (5)

1		2		3			4		5		6
7							8				
						9					
10								11			
12						13					
						14				15	16
						17				18	
19		20						21			
22								23			
24								25			

Scribble pad

Quick

Across

- Motive (6)
- Unit of time (6)
- Release (3,4)
- Symbolic object (5)
- Mute (4)
- Thread (5)
- The world (5)
- Mast (4)
- Aviator (5)
- Reiterates (7)
- Uniform (6)
- In motion (6)

Down

- Hold authority (7)
- Hobby (7)
- Store (5)
- Image (7)
- Furniture set (5)
- Appears (5)
- Records (9)
- Restaurant staff (7)
- Live together (7)
- Communication (7)
- Magic formula (5)
- Green or black fruit (5)
- Reel (5)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

10	13	14	15		21	S	5	13	14	23	4	2	18
5		12			17	I			23		17		17
13		14	9		21	10	2	13	2		23		19
22	11	18				6			21	23	22	10	
26		2			26	9	7	3			2		2
	18	14	12	2		5		25	9	13	22	13	
					14	2		14					
21	7	13	9	15		8		1	17	20	21		
10		2			25	9	10	2		13		9	
17	1	18	24			2			22	11	18		
7		17		19	22	13	2	21	14	11		7	
3		16		14			20			18		2	
24	17	2	18	1	17	4	20			10	21	14	13

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
				I				S				

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

8 words - average; 12 words - good; 16 words - very good; 20 or more - excellent.

S	I	G
N	E	I
B	G	E

Quiz

- What is the title of the latest single from Rita Ora?
- Who is the lead singer of The Rolling Stones?
- Which battle took place on October 14 1066?
- Which Warwickshire market town was the birthplace of William Shakespeare?
- Who was the Roman god of war, identified with the Greek Ares?
- What name is given to the ninth month of the Muslim year?



Q1 - Rita Ora

- Which tuned percussion instrument takes its name from the German for 'bells' and 'play'?
- What sort of antibiotic was first isolated by Sir Alexander Fleming?
- Which composer wrote the ballets The Firebird and The Rite of Spring?
- What name was given to the policy of increased openness in the Soviet Union introduced by Mikhail Gorbachev in the 1980s?

LAST WEEK'S SOLUTIONS

Pathfinder

Michael McIntyre, Davina McCall, David Letterman, Lily Allen, Des O'Connor, Michael Parkinson, Fern Britton, Graham Norton, Charlotte Church, Paul O'Grady, Ellen DeGeneres, Alan Titchmarsh, Melanie Sykes, Jonathan Ross, Frank Skinner, Oprah Winfrey, Jack Docherty, Patrick Kielty.

Two-Speed Crossword

Across: 1 Capon; 4 Cast-off; 8 Tear gas; 9 Umber; 10 Land; 11 Boat race; 13 Scot; 14 Wend; 16 Superior; 17 Free; 20 Loose; 21 Dead Sea; 22 Rattled; 23 Lisle.

Down: 1 Cattle rustler; 2 Plain; 3 Nags; 4 Custom; 5 Scuttles; 6 On board; 7 Forced the pace; 12 Doorbell; 13 Support; 15 Loaded; 18 Roses; 19 Pall.

Wordsquare

INSATIATE

Split Decision

C	O	C	O	A
O		E		B
S	H	A	D	Y
T		S		S
S	T	E	P	S

Quiz

- Ready Steady Cook; 2 Richard Rodgers; 3 Isle of Man; 4 Morocco; 5 Richter Scale; 6 Barcelona; 7 Malaria; 8 Bark; 9 Angostura; 10 Brigitte Bardot.

Sudoku

1	2	4	6	3	7	9	5	8
6	9	7	8	1	5	4	3	2
8	5	3	9	4	2	6	1	7
9	6	2	5	8	3	7	4	1
5	4	1	2	7	9	8	6	3
3	7	8	1	6	4	5	2	9
2	8	6	4	9	1	3	7	5
4	3	5	7	2	8	1	9	6
7	1	9	3	5	6	2	8	4

9	3	2	7	5	1	6	8	4
5	8	7	9	6	4	3	2	1
4	6	1	8	2	3	7	5	9
6	2	5	4	1	7	9	3	8
8	1	3	5	9	6	2	4	7
7	4	9	3	8	2	1	6	5
1	5	6	2	7	8	4	9	3
3	7	8	6	4	9	5	1	2
2	9	4	1	3	5	8	7	6

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
F	J	O	N	T	W	K	S	Z	Y	C	L	E
14	15	16	17	18	19	20	21	22	23	24	25	26
V	B	P	A	G	D	X	I	Q	R	U	M	H



Thursday, November 1, 2018

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# PROPERTY & LIVING



**DESIGN TO FALL FOR**  
Now is the time to embrace nature and bring a touch of autumnal charm indoors

PAGES 42&43

## JUST THE TICKET



Substantial family home is ideal for commuters SEE PAGES 40&41



# HOT HOUSE



## Substantial family home that's ideal for commuters



**T**his spacious five-bedroom house has just cropped up on the market for you to buy. Located in the heart of Sawbridgeworth on Redricks Lane, this property is perfect for large families. And with three train stations within a two-mile radius, it is also ideal for commuters. Step inside, and you'll find a large entrance hallway with a spiral staircase in the middle. The lounge has bay windows and a gas fire-place. Also on the ground floor is a kitchen at the rear of the property and a huge master bedroom, with adjoining en-suite bathroom.

Upstairs there are four other sizeable bedrooms.

But perhaps the best feature of the house is the back garden.

The north-west facing garden has a decked area leading from the dining room which can fit garden furniture - perfect to enjoy al fresco dining in the warmer months.

There is also a large, double garage and an allotment area, with the rest of the garden mostly laid to lawn.

There are ten schools within two-miles. It is currently valued at £700,000. For more information or to book a viewing, call 01279 949163 or visit Centurion Property's website at [www.centurionproperty.co.uk](http://www.centurionproperty.co.uk)



This five-bedroom house has a well-kept back garden with decking area and is on the market for £700,00





## YOUR HOME

# Fall in love with your interiors

Want to channel an autumn glow at home? Wellbeing and styling guru Liz Earle shares her top tips with **SAM WYLIE-HARRIS**

**T**he leaves are crisp and golden, and dappled sunshine is filtering through the windows, so it's the perfect time to embrace nature and bring a touch of autumnal charm indoors.

If you're looking for inspiration as to how to channel the colours and warm glow of the season – think rich reds, deep orange and soft yellows and pinks – who better to turn to than wellbeing and styling guru Liz Earle?

A natural pro when it comes to harvesting the ideal setting for a rustic feast, autumn is one of her favourite times of the year.

She's a fan of outdoor entertaining during this cool, crisp season too.

"The end of summer doesn't have to mean the end of al-fresco eating" says Liz. "Autumn can be the ideal time to enjoy nature at her finest, eating with friends in the golden light of the evening."

"I like to capture the magic of autumn by spreading my table with the natural splendour of foraged finds – and this works brilliantly inside or out."

Whether you're looking for inspiration for outdoors or inside, take a leaf out of Liz's library of styling tips.

Here's how to let autumn's shades and foliage inspire your decor and dining settings...



**Harvest Basket, £30, [gardentrading.co.uk](http://gardentrading.co.uk)**

A woven basket adds an extra rustic touch. Fill with warm blankets, or fruit, twigs and berries

## 1 DECORATE YOUR TABLE WITH FORAGED FINDS

"This is my favourite time of year for foraging, and the perfect moment to decorate your table with nature's bounty. I love using apples to make tea light holders, and decorating table runners with leaves and dried seed pods and berries," says Liz.



**Apple tealight holders**

## 2 CREATE A CENTREPIECE

"Every party table needs a centrepiece, and one of my top tips for a real show-stopping impact is to hollow out a pumpkin and fill it with seasonal flowers. Chrysanthemums and daisies look particularly sensational, creating a centerpiece that is bound to be a talking point for weeks to come," says Liz.



**Autumn bouquet, currently reduced to £59.50 from £85, [Laura Ashley](#)**



**Pumpkin serving dish, currently reduced to £31.50 from £45, [Laura Ashley](#)**

## 3 DESIGN A WARMING SEASONAL MENU

"I enjoy serving guests a menu inspired by autumn shades, and given the abundance of red, orange and yellow vegetables at this time of year, this is easily achieved," says Liz.

"Many of my favourite autumn recipes can be found at [lizearlewellbeing.com](http://lizearlewellbeing.com), including roasted pumpkin soup, lamb tagine with butternut squash, and

caramelized apple and walnut lattice pie. All seasonal, local fare that's easy to prepare in advance, so I can spend more time chatting to guests."

## 4 LIGHT UP THE DARKNESS

"As night-time falls, whether you're eating inside or out, tin-can



**Orla Kiely Ceramic Lanterns, currently from £21.95 - £39.95 each, reduced from £30-£50 each, [CuckooLand](#)**

lanterns can make the perfect backdrop to any feast. With pretty ornamental details, they are especially atmospheric in a darkened room and I love the way the light dances around as the candles flicker, like a campfire."

■ For more of Liz Earle's tips, visit [LizEarleWellbeing.com](http://LizEarleWellbeing.com)



**Grand minimal dome micro light bundle, £38.99, [Lights4fun](#) (table setting decos, stylist's own)**

Alternatively, try these fun lights without the fuss of having to hunt down a box of matches. Lighting up a glass bell jar (a lovely decorative addition on its own), a string of 50 warm white micro fairy lights channel a soft, diffused glow, which works especially well with copper effect dining accessories.



**Liz Earle**







Laura Ashley's autumnal dining ranges include a pumpkin serving dish, currently reduced to £31.50 from £45; Fox tableware, from £7 each, and cockerel reversible fabric pot rest, reduced to £7 from £10 ([lauraashley.com](http://lauraashley.com))

Refreshing a country kitchen is easier than you think. With a little imagination and a few key materials, such as rust coloured runners, nursery rhyme farm animals and homespun decos, creating a warm and inviting space your friends will love sitting down to doesn't have to be complicated.

## WHERE TO GET A FOREVER AUTUMN HOME



Fern foil natural cushion, £12, Finchley multi-drawer chest, £479, gold leaf mirror, £28, Dunelm ([dunelm.com](http://dunelm.com))

Could there be a more cosy autumnal scene? Wood panelling, mirror frames entwined with gold ferns, gold leaf tea lights, dropped branches used as props alongside rustic furniture, and an uber-comfy armchair... An intimate setting just begging to be snuggled into.



Alexander and James New Romance Betsy fabric armchair, currently reduced to £595 from £795, Furniture Village ([furniturevillage.co.uk](http://furniturevillage.co.uk))

This glorious mustard yellow armchair, with smart brass detailing and scalloped panels, looks ready to sink into and makes a great investment with the potential for year-round styling... A soft throw draped over it in the winter, or a beaded blanket to pick up colours from the spice route in summer.

Autumn watercolour leaves cushion, £23.99, Mode Prints ([modeprints.com](http://modeprints.com))

Placing scatter cushions here and there means you can draw attention to cosy corners that might be ignored. And the charm of this cushion is that its white background means it can be grouped with white linen and peach cushions come the spring.

\* Prices correct at time of going to print. Offers available while stocks last



Sunshine Shetland throw - Harley stripe, £67, Amara ([amara.com](http://amara.com))

You can never have too many blankets, and this delightful Shetland throw can be used in so many ways. Drape it over the corner of a sofa or weave it between your favourite cushions and get cosy.



Anthropologie Alcea quilted bedspread, kingsize, £168 (mirror from a selection) John Lewis ([johnlewis.com](http://johnlewis.com))

Brilliant bedding with a vibrant collage that captures all the autumnal hues, without being over the top when it comes to foliage. This quilted bedspread can also double up as a wall hanging and be pinned to a wooden pole above the bed, or dressed with cottons and linens to reflect sunnier climes.

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## YOUR LOCAL PROPERTY EXPERTS



# YOUR HOME

As a survey reveals many buyers wish they'd known more about their property, TV's Phil Spencer shares his expert tips.

By **ABI JACKSON**

**B**uying a property can be a very lengthy process with lots of back and forth – but many buyers still end up wishing they'd found out just a few more crucial details before the deal was finalised.

California Shutters (californiashutters.co.uk) recently asked 1,000 UK homeowners what they most wished they'd known about before purchasing their property: Competition for parking spaces came out tops (20%), followed by noisy neighbours (19%), high renovation costs (13%) and traffic noise (11%).

Oliver Robertson at California Shutters comments: "While our survey shows most movers have a good awareness of problems like damp and pests prior to moving in to a new home, they can still be caught off guard by other things such as having to fight for parking spaces or deal with noise from next door or traffic from the road."

TV property guru Phil Spencer, who recently launched the advice site for buyers MoveIQ, agrees that as well as the 'big' questions, the 'small' things should not be overlooked.

"Buying a home is always a mixture of heart and head. Your first impression as you walk through the door is crucial to your decision, but so too are many other less obvious factors," says Spencer.

"It's essential that you do your homework, or you risk being blinded by emotion during the purchase. Even worse, you could end up with expensive problems down the line."

"Asking the right questions before, during or after that first viewing can make the difference between identifying the perfect home and



having an unwanted surprise after you've committed to buying."

Here, Spencer, who certainly knows a thing or two about house-hunting, shares his top five things to ask...

## 1 HOW LONG HAS THE PROPERTY BEEN ON THE MARKET?

"This should be one of your first questions," says Phil. "The average time it takes to sell a home in the UK is two to three months, according to the Government. So, if the property has been on the market for considerably longer, it may have an issue that is stopping it selling, beyond just being priced too highly. But you'll need to get your detective hat on to find out what it is."

"One red flag to look out for would be if the current owners have lived there for an unusually short period of time. There is usually a reason behind a seller trying to get shot of a property after a short period. Push the agent or

sellers for clues: Is there a nuisance neighbour, what are crime levels like in the area, how busy are the roads and how much does the property cost to run (utility bills, council tax etc)?"

## 2 IS THE PROPERTY IN A CONSERVATION AREA?

"If you are drawn to the history and charm of older homes, bear in mind that your scope for making changes to such a property could be severely limited."

"Specific rules about what you can and cannot do to the property will vary from local authority to local authority. Some may prohibit you from making changes to metal railings, windows, trees and even

the colour of the front door. So, if your heart is set on a house with history but you've got an eye on modernisation, make sure to ask about anything that might block your plans."



Property guru  
Phil Spencer

## 3 IS THE PROPERTY A FREEHOLD OR A LEASEHOLD?

"There are pros and cons to both freehold and leasehold properties. As a leaseholder, you will have to pay annual fees to the owner of the freehold, from ground rent to maintenance charges."

"These can fluctuate over time, so make sure that when you're budgeting you factor in the possibility that ground rent will increase or maintenance charges could spike if the building needs major repairs."

"By contrast, if you buy a freehold property there's no ground rent to worry about, but you will be responsible for everything, including the roof and the maintenance of the structure. A detailed survey will flag up any issues that need urgent or expensive repair."

## 4 ARE THERE ANY PENDING PLANNING APPLICATIONS THAT MIGHT IMPACT ME?

"This is a quick bit of research you could carry out before viewing your

prospective home. Nearly all local authorities have a planning portal on their website that allows you to view any previous or pending planning applications. If, for example, you were considering buying a home close to agricultural land, it might be a good idea to check whether the friendly farmer next door has just submitted a planning application for a new pig-rearing facility!"

## 5 HAS THE SELLER MADE ANY CHANGES TO THE PROPERTY?

"If changes have been made recently – especially structural ones – you need to know so you can ask the seller for any relevant documents, receipts or guarantee certificates."

"Equally if the seller has spent money doing the place up, they will have raised the asking price accordingly – so you need to make a judgement on whether the premium is justified. Always ask a seller, which can prove revealing is, 'If you were staying, what other improvements would you make?'"

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- Double Bedroom
- Open Plan Throughout

**New Instruction**



**OLD HARLOW Guide price £300,000**

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- Viewing Recommended



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- Close to Shops & Schools



**RUNDILLS £269,995**

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- Double Glazing
- Walking Distance to Schooling & Bush Fair Shopping



**FARNHAM CLOSE £475,000**

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- Gas Central Heating
- Solar Panels
- Lounge Diner
- Cloakroom
- Close to Shops & Schools
- NO ONWARD CHAIN

**New Instruction**



**OLD HARLOW £300,000**

- No Onward Chain
- Three Bedrooms
- Lounge Diner
- Conservatory
- Gas Central Heating
- Kitchen
- In Need of Modernisation





# YOUR GARDEN

With Diarmuid Gavin

**T**he transition from late summer into autumn had been very gentle – until recently at least – thanks to the unusually warm weather this year.

After six months of balmy weather, we could have been lulled into a false sense of security and imagine that winter would never come. But now it's time to anticipate frosts, storms and heavy rain.

So it's with some excitement we can tackle the jobs which we may all need to do to get our gardens winter-ready.

Some projects are obvious. There's a lot of debris around – it is windy.

Leaves and old brittle branches are coming down from trees. Clearing them into a composting area is satisfying. What the garden sheds will come to be new feed for its plants in time.

Conditions across the country can vary from extreme lows in the North to almost frost-free coastal zones in the South, so this will inform you whether you need to lift, mulch or wrap tender plants.

If you've already had your first frost, that means it's time to lift your dahlias, gladioli and other tender corms and bulbs such as begonias.

Lift, clean off the soil, leave to dry out and then store in a cold, frost-free place such as a garage. In milder areas it's possible to get away with leaving them in situ, cutting them down and piling some insulating mulch on top.



Weed: Spurge

## Winter is coming

It's time to get your garden ready ... before the weather gets too cold



**Pile up:** Collect leaves as they drop and put them in bags to create compost for later



Horticultural fleece can protect plants

Bananas and tree ferns can be wrapped in horticultural fleece. Avoid doing this on a windy day as it can turn into a very frustrating job with the fleece blowing away!

There are also fleece jackets which can be slipped over the shrub.

The lawn has had a tough time this year but it can take it. Almost five months of drought has weakened some of the grass plants.

Give it a vigorous rake – this is called scarifying and removes any thatch that has built up, as well as fallen leaves.

Yes, there will be plenty more leaves to fall but it's best to remove them as this happens otherwise the lack of light will turn the grass yellow and weaken it for the winter.

You can improve drainage for winter by hollow tining the turf – this is the removal of plugs of soil at intervals around the lawn and then

sweeping in some silver sands into the holes.

A lot of the glorious herbaceous growth which produced much of the flowers is done so anything that isn't attractive can be cut back.

However, you don't have to be



Scarify your lawn, left, and tidy up bushes and shrubs, above

**“Almost five months of drought has weakened the grass plants**

super tidy – it's more beneficial for wildlife if you can leave some areas of wildness. Even a small pile of dead leaves will make a home for beneficial insects such as beetles which will feed on aphids and small caterpillars.

Try to get your weeding done before

## Get to work before temperatures fall

### JOBS FOR THE WEEK

■ Continue planting bulbs and, in particular, tulips can now go into the ground.

■ Sow batches of hardy broad beans and peas outdoors to yield early crops next year.

■ Remove suckers from the base of plants.

■ Pick off rotting fruit from trees and dispose to get rid of

fungal spores that overwinter.

■ Bonfire Night is a great time to get rid of material that is unsuitable for composting, so collect diseased leaves from fruit trees and roses and chuck on the fire.

■ Rake up fallen leaves and

compost in bin bags pierced with a few holes – this makes excellent compost for your ericaceous plants.

■ Treat your lawn with autumn fertiliser to help it get through winter in good health.

■ Prune shrub roses now to avoid damage to the roots caused by high winds rocking the plant back and forth.

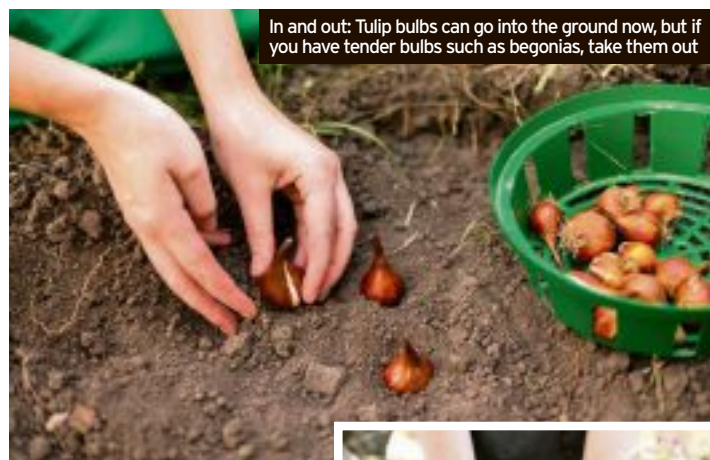


Sow hardy broad beans



Diseased leaves and roses can go on the bonfire





In and out: Tulip bulbs can go into the ground now, but if you have tender bulbs such as begonias, take them out

you mulch the beds. This year I'm plagued with petty spurge, a common euphorbia which I'm determined to see off before they set seed again.

Use last year's compost as a mulch – think of it a cosy winter blanket for your outdoor beds, and while your sleeves are rolled up, clean out your pots.

Spread spent compost in the borders. Scrub the pots and either go again with some winter bedding or store them in the garden shed for next year.



Lift plants such as dahlias

## ASK DIARMUID

**Q** I have a tree which I think is a yew. I've attempted numerous ways to get rid of it but have failed.

I've tried a nail in the root, weed killers and diesel, but nothing has worked.

Have you any ideas or solutions? I have enclosed a picture for you to look at.

Louis Morris, via email

**A** Your tree is a conifer but I think it might be a Thuja. Trees are never

the easiest to remove but I think your best bet is to cut it down.

Remember to wear safety equipment if using any electrical saws.

You will be left with a stump, and depending on the size of the tree, you can dig this out or use a stump grinder, which will reduce it to sawdust.

It is also possible to drill some holes in the stump, and pour in chemical stump remover, which will help to rot it down.



## PLANT OF THE WEEK

### RUDBECKIA FULGIDA VAR DEAMII

This is an easy-to-grow perennial that brings lots of sunshine to your garden with tonnes of black-eyed yellow daisies.

The coneflower, also sometimes known as black-eyed Susan, likes to grow in sunshine or partial shade and prefers

well-drained, moist, quite fertile soil but really it's not fussy and very low maintenance.

It will provide pollen for butterflies too.

Propagation is easy – you can either divide it in spring or grow it from seed.



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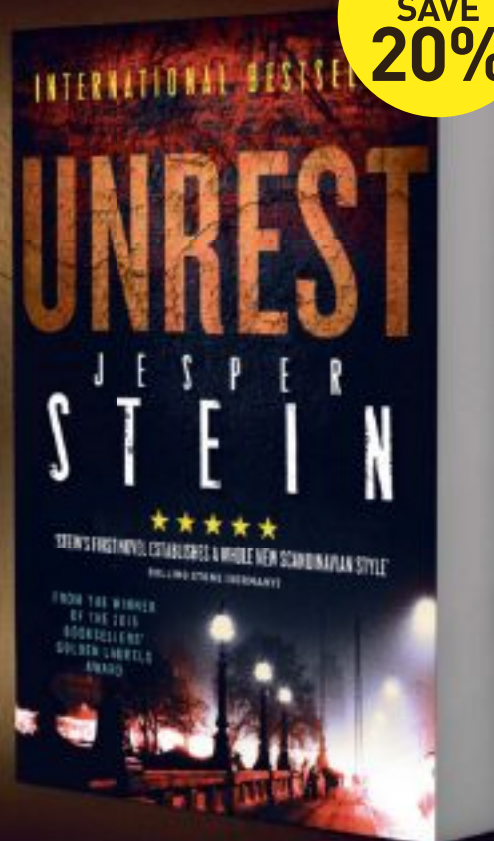
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- Close To Local Shops & Amenities
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- EPC Rating: B

**VIEWING ADVISED**



**Pytt Field**

- Three Bedroom Terraced House
- Allocated Parking
- Conservatory
- Rear Garden With Rear Access
- Downstairs WC
- EPC Rating: C

**£320,000**

**GREAT PRICE**



**VIEWING ADVISED**

**Bentley Drive**

- Three Bedroom End Of Terrace House
- Secluded Rear Garden With Side Access
- UPVC Double Glazing & Gas Central Heating Throughout
- Lounge and Dining Room
- Fitted Kitchen
- E.P.C. Rating: C

**£359,995**

**NEW INSTRUCTION**



**VIEWING ADVISED**

**The Chase**

- Four Double Bedroom
- Situated opposite the Woodland
- Situated in the award winning Newhall Development
- Downstairs W.C & First Floor Family Bathroom

**450,000**

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**GREAT PRICE**



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- Close To Local Shops & Amenities
- Within Catchment of Sought After Local Schools
- EPC Rating: D

**£289,995**



# al move this Autumn...

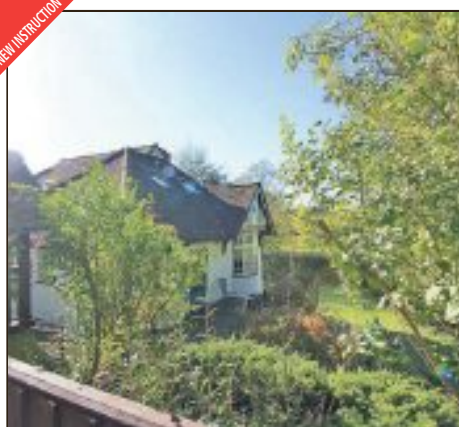


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Waterhouse  
Moor

Offers In The  
Region Of £250,000

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- Utility / Storage Room
- Lounge / Diner
- EPC Rating: Awaiting

INVESTORS



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- Open Plan Lounge / Diner
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Offers In The  
Region Of £210,000

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- Communal Gardens
- Ideal First time or Investment Purchase

VIEWING ADVISED



Tanys Dell  
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- Located On The Top Floor
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- Balcony Overlooking The Rear Aspect
- Recently Re-Wired & New Gas Central Heating Throughout.
- EPC Rating: D

FIRST TIME BUYERS



Wedhey  
.....  
**£210,000**

- A Two Bedroom Ground Floor Flat
- One DOUBLE Bedroom
- Communal Driveway
- Lounge/ Diner
- SHARE OF FREEHOLD
- EPC Rating: Awaiting

AUCTION



Pennymead  
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By Auction  
**£250,000**

- Three Bedroom Terraced House
- CHAIN FREE
- Potential To add a Driveway (STPP)
- Ideal First Time or Investment Purchase
- EPC Rating: D

VIEWING ADVISED



Fold Croft  
.....  
**£285,000**

- A Two Bedroom End Of Terrace House
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- Private Driveway
- First Floor Family Bathroom
- Larger Than Average Lounge/Diner
- EPC Rating: Awaiting

VIEWING ADVISED



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Of £305,000

NEW INSTRUCTION



Woodcroft  
.....  
**£350,000**

- Three Bedroom End of Terrace
- Open Plan Lounge / Diner
- Two Reception Rooms
- Recently Re-fitted Kitchen & Bathroom
- EPC Rating: D





**Paddock Mead, Harlow** **£400,000**

- Three/Four Bedrooms
- Garage & Driveway
- Quiet Cul-de-Sac
- Well Presented
- Link Detached Home
- Ground Floor WC
- Popular Location
- EPC Rating: D



**Headland Street, Newhall** **£370,000**

- Three Bedrooms
- Two Allocated Parking Spaces
- Open Plan Living
- NHBC Warranty
- Terraced Home
- High Spec Finish
- Desirable Location
- EPC Rating: TBC



**Bowhill Way, Fifth Avenue** **£365,000**

- Three Bedrooms
- Kitchen/Diner
- Modern Home
- Cul-De-Sac Location
- End Of Terrace
- Immaculate Condition
- Allocated Parking
- EPC Rating: B



**Sakins Croft, Harlow** **£340,000**

- Three Bedrooms
- Modern Kitchen
- Two Receptions
- Garage & Driveway
- Semi Detached
- Modern Bathroom Suite
- Well Presented Throughout
- EPC Rating: TBC



**Fuller Mead, Harlow** **£339,995**

- Three Bedrooms
- Driveway
- Popular Location
- CHAIN FREE
- Semi Detached
- Lounge/Diner
- Cul-De-Sac Spot
- EPC Rating: TBC



**Pytt Field, Harlow** **£315,000**

- Three Bedrooms
- Modern Fitted Kitchen
- Two Parking Spaces
- CHAIN FREE
- End Of Terrace
- Cul-De-Sac Spot
- Westerly Garden
- EPC Rating: TBC



**MONKSBUURY, HARLOW**

- Three Bedrooms
- Lounge/Diner
- Garage & Driveway
- Popular Location
- Semi Detached Home
- Conservatory
- Cul-De-Sac Location
- EPC Rating: TBC

**£350,000**



**MANOR ROAD, OLD HARLOW**

- Three Bedrooms
- Two Receptions
- Long Gardens
- CHAIN FREE
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: E

**£349,995**



**MULBERRY GREEN, OLD HARLOW**

- Two Bedrooms
- Modern Kitchen
- Open Plan Living
- Parking Area
- End Of Terrace
- Pretty Cottage
- Private Location
- EPC Rating: B

**£364,995**



**ALBERT GARDENS, CHURCH LANGLEY**

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- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

**£332,500**



**158,**

- An immaculate terraced home in one of the most popular townings in south Harlow. The property has a large entrance hall, modern fitted kitchen/diner, formal lounge, playroom/study and a ground floor W.C. The first floor has a family bathroom and three good size bedrooms with built-in wardrobes and the rear garden is ground 25ft square with patio and lawn area. Garage is located to the front along with a driveway.

**£325,000**



**LODGE HALL, HARLOW**

- Three Bedrooms
- Garage & Driveway
- Kitchen/Diner
- Chain Free
- Semi Detached
- Ground Floor WC
- Popular Location
- EPC Rating: D

**£299,995**

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**Felmongers, Harlow**

**£299,995**

- Three Bedrooms
- Potential For Drive STP
- Two Receptions
- CHAIN FREE
- Terraced Home
- Desirable Location
- Westerly Garden
- EPC Rating: TBC



**Fesants Croft, Harlow**

**£294,995**

- Three Bedrooms
- Two Receptions
- Immaculate Home
- West Facing Garden
- Terraced Property
- Overlooking Fields
- Modern Kitchen
- EPC Rating: D



**Aynsley Gardens, Church Langley**

**£289,995**

- Two Double Bedrooms
- Driveway
- Lounge/Diner
- Well Presented
- Semi Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC



**Wooding Grove, Harlow**

**£289,995**

- Three Bedrooms
- Kitchen/Diner
- CHAIN FREE
- Current HMO
- Semi Detached
- 40ft Garden
- Close To Town
- EPC Rating: TBC



**Perry Spring, Harlow**

**£279,995**

- Three Bedrooms
- Driveway
- Kitchen/Diner
- Unoverlooked Garden
- Middle Terrace
- Conservatory
- Cloakroom/WC
- EPC Rating: TBC



**Tickenhan Drive, Church Langley**

**£274,995**

- Two Bedrooms
- Kitchen/Brkst Room
- Recent Bathroom
- Parking For Two
- Middle Terrace
- Cul-De-Sac Location
- Southerly Garden
- EPC Rating: C



**BARN MEAD, HARLOW**

- Three Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Quiet Cul-De-Sac
- Middle Terrace
- Orangery
- Popular Location
- EPC Rating: D

**£280,000**



**BUSHEY CROFT, HARLOW**

- Three Bedrooms
- Lounge/Diner
- Well Presented
- Quiet Cul-De-Sac
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D

**£279,995**



**BARN MEAD, HARLOW**

- Three Bedrooms
- Lounge/Diner
- Ground Floor WC
- Chain Free
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D

**£279,995**



**WESTFIELD, HARLOW**

- Three Bedrooms
- Driveway
- Lounge/Diner
- Chain Free
- Middle Terrace House
- Utility Room
- Popular Location
- EPC Rating: TBC

**£275,000**



**WOODWARDS, HARLOW**

- Three Bedrooms
- Open Plan Lounge/Diner
- Well Presented
- Private Cul-De-Sac
- Middle Terrace House
- Desirable Area
- Low Maintenance Garden
- EPC Rating: C

**£275,000**



**THE GARDINERS, CHURCH  
LANGLEY**

- Two Bedrooms
- CHAIN FREE
- Two Parking Spaces
- Well Presented
- Middle Terrace
- Southerly Garden
- Cul-De-Sac Location
- EPC Rating: TBC

**£270,000**

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**Westbury Rise, Church Langley £560,000**

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D



**Chelsea Gardens, Church Langley £549,995**

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC



**Park Avenue, Harlow £525,000**

- Four Bedrooms
- Two Receptions
- Utility/WC
- Popular Location
- Semi Detached
- Driveway
- 100ft Garden
- EPC Rating: F



**Ashworth Place, Harlow £515,000**

- Four Bedrooms
- Garage & Driveway
- Two Receptions
- Westerly Garden
- Detached Family Home
- Desirable Location
- Utility & Cloakroom/WC
- EPC Rating: TBC



**Farnham Close, Sawbridgeworth £475,000**

- Four Bedrooms
- Garage & Driveway
- Quiet Cul-De-Sac
- CHAIN FREE
- Detached Home
- Two Receptions
- Southerly Rear Garden
- EPC Rating: TBC



**Brooklane Field, Harlow £450,000**

- Four Bedrooms
- Two Receptions
- G/Floor Extension
- Landscaped Garden
- Semi Detached
- Modern Kitchen
- Garage & Driveway
- EPC Rating: D



**TATTON STREET, NEWHALL**

- Four Bedrooms
- Kitchen/Diner
- Immaculate Home
- Double Garage
- Detached House
- Two Receptions
- En-Suite Shower
- EPC Rating: C

**£465,000**



**ROUND HOUSE WAY,  
NEWHALL**

- Four Double Bedrooms
- Driveway
- Balcony
- NHBC Warranty
- Link Detached
- Ensuite To Master
- Desirable Location
- EPC Rating: TBC

**£464,995**



**WATER HOUSE MOOR,  
HARLOW**

- Four Bedrooms
- Lounge/Diner
- Conservatory
- Garage & Driveway
- Detached House
- Westerly Garden
- CHAIN FREE
- EPC Rating: E

**£450,000**



**DENBY GRANGE, CHURCH  
LANGLEY**

- Four Bedrooms
- Two Receptions
- Dressing Room
- Garage & Drive
- Link detached
- Ensuite To Master
- Cul-De-Sac Spot
- EPC Rating: C

**£429,995**



**BURY ROAD, OLD HARLOW**

- Three Bedrooms
- Two Receptions
- Stunning Garden
- CHAIN FREE
- Semi Detached
- Kitchen/Diner
- Immaculate Home
- EPC Rating: E

**£420,000**



**DACRES GATE, ONGAR**

- Two bedrooms
- Kitchen/Diner
- Ground Floor W.C
- Carport Parking
- End Of Terrace
- Gated Development
- Exclusive Location
- EPC Rating: D

**£415,000**

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**Abbotsweld, Harlow**

**£269,995**

- Three Bedrooms
- Dining Area
- Modern Kitchen
- Extended Property
- Terraced House
- Westerly Facing Garden
- Popular Location
- EPC Rating: TBC



**Crossbill Way, Newhall**

**£267,500**

- Two Bedrooms
- En-Suite Shower Room
- Open Plan Living
- Own Balcony
- Apartment
- Ground Floor
- Allocated Parking
- EPC Rating: B



**Abbotsweld, Harlow**

**£267,000**

- Two Bedrooms
- Lounge/Diner
- Front Extension
- Driveway To Front
- Terraced Home
- Westerly Garden
- Modern Kitchen
- EPC Rating: D



**Church Leys, Harlow**

**£259,995**

- Two Bedrooms
- Lounge/Diner
- Driveway
- Great First Time Buy
- Terraced House
- Popular Location
- Conservatory
- EPC Rating: C



**Purford Green, Harlow**

**£240,000**

- Two Bedrooms
- Lounge/Diner
- Close To Shops
- 40ft Rear Garden
- Terraced Home
- Close To Schooling
- CHAIN FREE
- EPC Rating: C



**Milwards, Harlow**

**£230,000**

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Ideal Investment
- Potential To Improve
- EPC Rating: C



**PRIORY COURT, HARLOW**

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C

**£229,995**



**SOUTHERN LODGE, HARLOW**

- Two Bedrooms
- Residents Parking
- Warden Assisted
- Chain Free
- First Floor Apartment
- Lounge/Diner
- Communal Gardens
- EPC Rating: D

**£219,995**



**GUILFORDS, OLD HARLOW**

- Two Bedrooms
- Open Plan
- Well Presented
- Chain Free
- First Floor Apartment
- Desirable Location
- Communal Garden
- EPC Rating: C

**£210,000**



**COALPORT CLOSE, CHURCH  
LANGLEY**

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: C

**£210,000**



**BERECROFT, HARLOW**

- One Bedroom
- Lounge/Diner
- Well Presented
- Chain Free
- Detached Bungalow
- Own Rear Garden
- Rarely Available
- EPC Rating: TBC

**£200,000**



**PETERSWOOD, HARLOW**

- One Bedroom
- Lounge/Diner
- Immaculate
- CHAIN FREE
- First Floor
- Apartment
- Communal Gardens
- EPC Rating: D

**£155,000**

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# We've believed in Harlow for more than 45 years!



Image: Solo Flight by Antanas Bradzys, 1982.  
Image courtesy of Harlow Art Trust



**Harlow's only family run independent estate agent**



**NEWHALL**  
Enormous size town house – £550,000



**OLD HARLOW**  
Most popular location – £343,000



**HARLOW**  
Near to the town centre – £295,000



**CHURCH LANGLEY**  
Pretty 3 bed house – £385,000



**CHURCH LANGLEY**  
Stylish designed interior – £350,000



**HARLOW**  
3 bedrooms and fine location – £264,995



**CHURCH LANGLEY**  
Pretty 2 bedroom home – £285,000



**HARLOW**  
1950's 3 bedroom house – £279,995



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**01279 418 888**

**info@hbproperty.co.uk**



**Howick & Brooker Partnership Gothic House Old Harlow CM17 0DN**







**SSTC**

**Guide Price** £230,000 - £240,000  
**Going Going Gone** EPC TBC

**Torkildsen Way**

This two bedroom flat on the popular Fifth Avenue development has now been sold STC, if anyone is thinking of selling in this area please call 01279 443311. Ref 14713 Call 01279 443311



**PRICE REDUCTION**

**Guide Price**

£130,000 - £140,000

**Linford End**

**A Great Place To Start**

**EPC E**

Are you looking to get on the property ladder and own a property of your own? The look no further than this one bedroom top floor flat. The property does require some modernisation but would be a great place to start. Call now to view. Ref 14738

Viewing Advised



**SSTC**

**Guide Price**

£300,000 - £320,000

**Thinking Of Selling?**

**EPC D**

**Ram Gorse**

This three bedroom end of terrace family home located in Harlow has now been sold STC, if you are thinking of selling please call 01279 443311. Ref 13757 Call For More Information



**PRICE REDUCTION**

**Guide Price**

£220,000 - £240,000

**Berecroft**

**A Home For The Family.**

**EPC D**

Are you looking for space for all the family? With three good sized bedrooms, spacious lounge and a downstairs cloakroom, everyone can have their own space. Ref 14683

Take A Peek



**Well Presented**

**The Ridings**

£390,000

**EPC C**

Located within easy reach to Schools and Amenities is this well presented three bedroom detached home benefiting from two reception rooms, utility room, fitted kitchen, three bedrooms with en-suite to the master, family bathroom, rear garden, garage and driveway. Internal viewing is highly advised. Ref 14635

View View View



**Guide Price** £260,000 - £270,000  
**Modern, Stylish And Contemporary** EPC C

**Braggowsen Ley**

This two bedroom ground floor apartment located within the award winning development of Newhall. The property offers spacious living accommodation along. Ref 14594 Seeing Is Believing



**NEW**

**One For A Family**

**Ladyshot**

£289,995

**EPC TBC**

Located within easy reach to schools and amenities is this well presented three bedroom middle terraced family home benefiting from a ground floor shower room and spacious living accommodation. Internal viewing advised. Ref 14696

View Today



**Guide Price**

£400,000 - £425,000

**Fantastic Find**

**EPC F**

**Walnut Tree Cottages, Mill Street**

Positioned in the desirable location of Mill Street, Hastingwood is this end of terrace cottage. The property also benefits from a large front which offers potential to extend. Ref 14666 Seeing Is Believing



**Guide Price** £265,00 - £275,000  
**Nothing Not To Love** EPC E

**Rye Croft**

This well presented two bedroom end of terrace home is one to view, with the potential to get off road parking (STPP) this would make a great starter home. Ref 14129 Dial Dial Dial



**Guide Price**

£450,000 - £465,000

**St Johns Avenue**

**A Home For All**

**EPC E**

This older style three bedroom semi with garage to the side and detached two bedroom annexe in the garden, would be ideal for two or three generations to all live together but still have your own independence and space. Ref 13895

Dont Miss Out



**Guide Price**

£350,000 - £375,000

**Offered Chain Free**

**EPC B**

**Tanyard Place**

Haart are pleased to offer this family home arranged over three floors. The property is within walking distance to schools, hospital, train station and town centre. Ref 14517 Take A Look





£249,000

### SAWBRIDGEWORTH (Lawrence Moorings)

2 bedroom top floor apartment with views over the River Stort. 3 mins walk to train station serving London Liverpool Street. Living/dining room, kitchen, 2 bedrooms, bathroom, allocated parking. Vacant possession and no onward chain. Sole



£284,000

### TAKELEY

2 double bedroom, double storey extended character cottage with a 150ft garden, parking to front, large living room, good size kitchen/diner, luxury en-suite and family bath/shower room, double glazed and character feature. Must be viewed. Sole agents.



£329,950

### SAWBRIDGEWORTH (Rosina Court)

Huge ground floor apartment in excess of 1,000 sq ft with its own private rear garden. 1 min walk from train station serving London Liverpool St. Luxury kitchen/breakfast room, large living/dining room, 2 double bedrooms, 2 en-suites, allocated off-road parking. Offered with vacant possession and no onward chain.



£340,000

### HARLOW (Carters Mead)

Extremely well presented 3 bedroom home with a large living/dining room, modern kitchen and bathroom, utility, large rear garden, driveway and parking. Owners found and ready to move. Sole agents.



£349,950

### SAWBRIDGEWORTH (West Road)

Semi-detached 3 bedroom home within walking distance of village centre, train station and schools. 120ft rear garden. Scope to extend (stp). Vacant possession and no onward chain.



£395,000

### OLD HARLOW (Mulberry Green)

Impressive 2 bedroom ground floor apartment set in this stunning 18th Century, Grade II listed conversion. Period features, sash windows, 9ft high ceilings, impressive kitchen/dining room, sitting room, modern shower room, outside veranda, carport. Close to village centre and station. Sole agents.



£425,000

### SAWBRIDGEWORTH (Church Walk)

Renovated 3 bedroom detached home in a prime position of the village. 5 mins walk to the station and in the heart of the village. Extended by its current owner and scope for second storey extension (stp). Driveway and parking for 2 cars. Sole agents.



£435,000

### HARLOW (Grey Goose Park)

Detached family home in need of some modernisation. Large living room, kitchen/dining room, ground floor bedroom/office with wet room, 3 first floor double bedrooms, large family bathroom, enclosed rear garden, driveway and parking. Sole agents.



£465,000

### Sawbridgeworth (Sayesbury Road)

Detached 3 bedroom Victorian home. Close to town centre and walking distance of train station. Spacious sitting/dining room, good size kitchen, conservatory, 100ft rear garden. Must be viewed. Sole agents.



£465,000

### HATFIELD HEATH

Spacious 4 bedroom cottage with a large living room, separate dining room, kitchen, ground floor shower room, large first floor bathroom and off-street parking. Close to village centre. Sole agents.



£470,000

### SAWBRIDGEWORTH (Parkway)

Beautifully presented 3 double bedroom family home with a large open plan living area with bi-folding doors onto garden, luxury kitchen and bathroom, west facing rear garden, garage and parking. Sole agents.



£550,000

### BISHOPS STORTFORD (Thorley Lane)

Detached 4 double bedroom family home. Walking distance of sought after schools and town centre. Large living room, separate dining room, kitchen, utility, good size garage, driveway and enclosed rear garden. Must be viewed. Sole agents.



£620,000

### SHEERING ROAD (Camplings)

Unique luxury property with many original period features throughout. Situated in mature grounds of this high quality development with 3 bedrooms, 2 bath/shower rooms, huge open plan living space and kitchen, 2 single garages. Offered with vacant possession and no onward chain.



£895,000

### SAWBRIDGEWORTH

Spacious 4 bedroom detached luxuriously appointed brand new home on an exclusive development. Central location. Magnificent kitchen/dining room, walled garage, garage. 10 mins walk to station. Joint sole agents.



£975,000

### GREAT HORMEAD

Extremely high quality barn conversion in a picturesque village location with many original features throughout. Large kitchen/family room, utility, living room, dining/family room, 4-6 bedrooms, driveway, double cartilage, 100ft south facing rear garden. Sole agents.



£595 pcm

### SAWBRIDGEWORTH (Ladywell Prospect)

Ground floor studio apartment, within walking distance of Sawbridgeworth mainline station and other local amenities. The property has been fully furnished to a high standard and enjoys a recently refitted kitchen and bathroom and a good size living area, electric storage heating, gardens and allocated parking.



£750pcm

### SAWBRIDGEWORTH (Ladywell Prospect)

Unfurnished one bedroom first floor maisonette just a short walk from station. Shower room, fitted kitchen, large double bedroom and good size lounge/diner. Double glazing throughout, gas fired central heating and parking. Available November.



£875 pcm

### SAWBRIDGEWORTH (Lawrence Moorings)

Unfurnished, top floor two bedroom apartment overlooking the river Stort. The property comprises good size lounge, two bedrooms, bathroom and kitchen. Allocated parking. Short walk from Sawbridgeworth train station serving London Liverpool St, Cambridge and Stansted Airport. Available Now



£900pcm

### OLD HARLOW (Market Street)

Well-presented, 2 bedroom, ground floor maisonette situated in an ideal location at the heart of Old Harlow within walking distance of Harlow Mill station. Open plan lounge/dining area, opening on to kitchen, 2 bedrooms and bathroom. Parking for cars in tandem. Available November.



£945pcm

### STANSTED (Recreation Ground)

Delightful ground floor two bedroom maisonette in an extremely rare and sought after location in the centre of Stansted, only a short walk to mainline station and facilities. Large kitchen/breakfast room, sitting room, two bedrooms and bathroom. Allocated parking and garden to front.



£950pcm

### BISHOPS STORTFORD (Braziers Quay)

Recently refurbished, unfurnished, top floor two bedroom apartment in a sought after location, just a short walk to the town centre and train station. Entrance hall, two bedrooms, bathroom, good size living room/dining room and fitted kitchen. Fine views to the rear over the River Stort.



£1050pcm

### HIGH WYCH (High Wych Lane)

Two bedroom semi detached period cottage in sought after village location. This unfurnished property enjoys period features including exposed brickwork, beams and timbers. Good size kitchen/dining area, lounge, 2 bedrooms and family bathroom. Driveway parking for one car and enclosed garden. Available now



£1150pcm

### STANSTED (Manor Road)

Three bedroom, semi detached family home located within walking distance of mainline station. Newly redecorated throughout. Bright living room, good size kitchen dining area, downstairs WC, three bedrooms and family bathroom. Rear garden and tandem parking for 2 cars. Available now.



£1195pcm

### EASTWICK (Eastwick Hall Lane)

3 bedroom semi-detached Victorian cottage set in a rarely available rural location. Two adjoining reception rooms, kitchen, ground floor shower room, three bedrooms, bathroom and separate wc. Brick built out buildings for storage, fine countryside views and ample parking. Available now.



£2950pcm

### LITTLE LAVER (Nr. Matching Green)

5 bedroom barn conversion providing spacious accommodation. Situated in the village of Little Laver in a mixed development of barns, a short drive from Matching Green. Exposed beams and timbers, enjoying a magnificent open plan kitchen and dining area. Available now.



# CENTURION

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LETTINGS: 01279 400444



**REDRICKS LANE, SAWBRIDGEWORTH £700,000**

- FIVE BED DETACHED HOUSE
- DOUBLE GARAGE
- LARGE DRIVEWAY
- EN-SUITE
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- SOUGHT-AFTER LOCATION
- INTERNAL PHOTOS ONLINE



**NICHOLLS FIELD, HARLOW £299,995**

- THREE BED END TERRACE
- GARAGE & PARKING
- MODERN FITTED KITCHEN
- SOUTH FACING GARDEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWING RECOMMENDED
- INTERNAL PHOTOS ONLINE

**NEW ON**



**BROOKLANE FIELD, HARLOW £545,000**

- EXTENDED FIVE BED SEMI
- THREE RECEPTION ROOMS
- OFF STREET PARKING
- CLOAKROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- CLOSE TO HARLOW COMMON
- INTERNAL PHOTOS ONLINE



**COWLINS, OLD HARLOW £259,950**

- TWO BEDROOM FLAT
- FIRST FLOOR
- CARPORT
- PRIVATE GARDEN
- GAS HEATING
- SASH WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



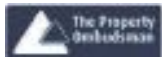
**SILVESTERS, HARLOW £355,000**

- THREE BED SEMI
- OUTSKIRTS OF HARLOW
- OPEN PLAN LIVING AREAS
- GARAGE & DRIVEWAY
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



**BARN MEAD, HARLOW £169,950**

- ONE BEDROOM FLAT
- GROUND FLOOR
- PRIVATE GARDEN
- WET ROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



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# Secure Investment For Life

# GUARDIAN

[www.guardianresidential.com](http://www.guardianresidential.com)



Guardian are pleased to offer this affordable one bedroom ground floor flat in Milwards. This property benefits from gas heating and generous living space throughout. EPC - D. Available NOW

**£650 PCM**

Milwards



Guardian are pleased to offer for rent this affordable and large one bedroom first floor flat in the Latton Bush area of Harlow. This property is perfect for someone on a budget looking for sizable accommodation in Harlow. Unfurnished with oven and hob only. EPC - D. Available late November.

**£665 PCM**

Radburn Close



Guardian are delighted to offer this one bedroom first floor flat with ample storage in the Staple Tye area of Harlow. Partial laminate flooring, newly fitted kitchen and large storage cupboard. electric heating. EPC E. Available late November

**£690 PCM**

Milwards



Guardian are delighted to offer this recently redecorated one bedroom first floor flat in private block located just off Potter Street. Benefits from allocated parking, gas central heating, electric shower, neutral decor and new carpets throughout. EPC - C. Available NOW!

**£725 PCM**

Florence Close



Guardian are delighted to offer this one bedroom ground floor flat in the desirable area of Church Langley. The property is offered on an unfurnished basis and benefits from allocated parking. EPC - D. Available late December.

**£760 PCM**

Aynsley Gardens



Immaculate one double bedroom top floor flat in modern block opposite railway station. The property is in a tucked away position overlooking a wooded area. Comprising entrance hallway, lounge, fitted kitchen with appliances, good sized bedroom and bathroom. EPC - B. Available NOW

**£875 PCM**

Newstead Way



Immaculate two bedroom ground floor flat with pretty communal garden in the central area of The Downs. The property has been beautifully maintained by the present occupant and is an ideal starter home. Available on a partly or fully furnished basis. EPC - D. Available mid November

**£875 PCM**

The Downs



Guardian are delighted to offer this fully furnished two bedroom flat with an en-suite. This 3rd floor property benefits from allocated parking, neutral decor and is a perfect location for amenities. EPC - C. Available mid December.

**£895 PCM**

Mill Court



Guardian are delighted to offer this modern two bedroom apartment in the ever popular area of Bromley Close. This property benefits from a modern fitted kitchen, including oven, hob, fridge freezer and washing dryer. EPC - C. Available early November

**£900 PCM**

Bromley Close



Guardian are delighted to present this recently renovated two bedroom first floor flat in Dads Wood, a very short walk to town centre and hospital. Benefits from brand new kitchen, brand new carpets throughout and neutral decor. EPC - C. Available NOW.

**£900 PCM**

Dads Wood



Guardian are pleased to offer this two bedroom house in Church Langley, Harlow. Layout comprises entrance hallway, lounge, kitchen overlooking rear garden, two bedrooms and bathroom. Allocated parking and rear garden. EPC - C. Available NOW.

**£950 PCM**

Sheldon Close



Great two bedroom apartment with allocated parking in the sought after private area of Fifth Avenue, Harlow. Walking distance to town centre, station and within close proximity of Harlow Town Park. With gas heating, neutral decor and integrated appliances including dishwasher. EPC-B - Available mid December

**£1030 PCM**

Torkildsen Way



Guardian are delighted to offer this three bedroom house in the Church Langley area of Harlow. Offered part furnished with oven, fridge freezer and washing machine. The property is in good decorative condition and offers off street parking to front - EPC-D - Available mid December

**£1150 PCM**

Coalport Close



Guardian are delighted to offer this superb three bedroom home in Seymours, Katherine's. This property benefits from a downstairs w/c, gas heating, modern kitchen and bathroom and a rear garden. EPC - D. Available mid November

**£1195 PCM**

Seymours



Guardian are delighted to offer this well presented three bedroom house in Perry Springs. This property also benefits from gas central heating, low maintenance garden and ample storage. EPC - C. Available mid December.

**£1250 PCM**

Perry Springs



Guardian are delighted to offer this newly refurbished three bedroom house within cul-de-sac location and touching distance of Theydon Bois central line station and local shops. The property benefits from newly fitted grey carpets and a high gloss kitchen. EPC - D. Available NOW!

**£1575 PCM**

Slade End

## 25th Year As Harlow's No.1



# Our Finger On The Property Market Pulse

# GUARDIAN

01279 635685



Set in a private area, Guardian are delighted to bring to the market this one bedroom first floor flat with the benefit of a newly extended lease. The property offers a good double bedroom, fitted kitchen, modern bathroom and a allocated parking space.

**£158,000**

Markwell Wood, Harlow



Guardian are delighted to offer a rarely available 2 bedroom maisonette in Church Langley with parking and walking. NO service and maintenance charge. NO ground rent. Own front door! New kitchen fitted recently, large lounge and two good sized bedrooms. EPC: C

**£215,000**

Chamberlain Close, Church Langley



Guardian are delighted to offer this immaculate two bedroom flat in the sought after private area of Bromley Close! Includes private parking, en suite, large bedrooms and living area! Second floor, UPVC double glazed through out and electric heating. EPC: C

**£225,000**

Bromley Close, Harlow



Guardian are delighted to offer this two bedroom mid terrace property, ideally placed next to the hospital, town center and train station. The property consists of entrance hall, large lounge, kitchen, single storey extension giving a second reception room. EPC: ( awaiting )

**£240,000**

Rectory Wood, Harlow



Guardian are delighted to offer this rarely available, chain free, well proportioned 3 bedroom end terrace house in a sought after location. The property is ideal for a family or buyers looking for a well maintained property with a lot of potential. EPC: (awaiting)

**£259,999**

Felmongers, Harlow



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

**£260,000**

Taylifers, Harlow



Chain free family home with a recently fitted kitchen and heating system along with a recent re-wire. Fully double glazed throughout within the past two years additionally. In a great location with local amenities close by with three good sized bedrooms. EPC: D

**£275,000**

Peterswood, Harlow



Guardian are delighted to offer for sale this extended four bedroom mid terrace property. Close to the town centre, hospital and walking distance to local schools. The property has the fourth bedroom down stairs with a wet room attached. EPC: C

**£299,999**

Foldcroft, Harlow



Guardian are delighted to offer this recently renovated three bedroom mid terrace property with three Double bedrooms. The current owner has lovingly refurbished this property with a traditional feel.

**£308,699**

Quarry Spring, Harlow



Guardian are delighted to present this UNIQUE three bedroom detached house with a garage and paved drive for two cars. Spread over four floors, this property has a great layout and large living space. Suited to DIY enthusiasts, can turn this into a wonderful family home!

**£310,000**

Willowfield, Harlow



Guardian are delighted to offer this four bedroom end of terrace property idyllically positioned in a quiet cul de sac close to the town, train station, local amenities and schools. The current owners having lovingly refurbished the property and converted the garage. EPC: D

**£365,000**

Morley Grove, Harlow



Guardian are delighted to offer this Four bedroom detached property comprising converted garage to create either a second reception room or fourth bedroom with own en-suite. Also benefiting from ground floor cloakroom, kitchen/diner. EPC: C

**£390,000**

Heathcote Gardens, Church Langley



Guardian are delighted to offer for sale this four bedroom detached house situated in the Potter Street area of Harlow. The property is presented in good decorative order and boasts four double bedrooms, gas heating to radiators, high spec modern fitted kitchen and good size rear garden.

**£399,995**

Glan Avon Mews, Potter Street



Guardian are delighted to offer this spacious 3/4 bedroom Town house, that is offered chain free and benefits from stunning scenic views over Harlow Town Park. This modern property comprises large open plan kitchen/family room, downstairs WC. EPC: B

**£425,000**

Tanyard Place, Harlow



Guardian are delighted to present this rarely available five bedroom detached family home in desirable private area of Church Langley. Cul de sac location, converted garage, parking, summer house and many modern features. EPC: D

**£560,000**

Davenport, Church Langley



Built in late 2017, Guardian are delighted to offer for sale this bespoke high specification home. Detached with ample parking for up to six vehicles, double garage and good sized garden surrounding. EPC: B

**£899,995**

The Bungalow, High Wych

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## TEST DRIVE

Dacia Duster Comfort SCe 115

## FRESH NEW DUSTER

## AT A GLANCE

■ **Model:** Dacia Duster Comfort SCe 115  
 ■ **Price:** £13,195  
 ■ **Mechanical:** 115bhp 1,598cc, 4cyl petrol engine driving the front wheels via five-speed manual gearbox  
 ■ **Max speed:** 107mph  
 ■ **0 to 62mph:** 11.9 seconds  
 ■ **Combined mpg:** 43.5  
 ■ **Insurance group:** 11  
 ■ **CO2 emissions:** 149g/km  
 ■ **BIK rating:** 30%  
 ■ **Warranty:** 3yrs/60,000



## BY DAVID WARD

**S**IX years ago when Renault-owned Dacia first started bringing here their budget-made Duster cars from Romania they were described as being 'cheap and cheerful' but exceptionally good value for money and clearly aimed at the budget-conscious motorist.

Now there's a new, fresher looking Duster here better built, better quality yet still a value-for-money car with affordable prices as the entry-level model comes in at under £10,000.

With four trim levels – Access, Essential, Comfort and Prestige – and still Renault based normally aspirated petrol engines (a diesel will be here soon followed by a turbo petrol) this new Duster sticks to its affordable label but now offers much more on board.

There's new styling to the car's body with every panel changed, a wider grille at the front while at the back there's a been a redesign with the lights pushed out to the corner and overall a more sporty look about the car.

The Comfort trimmed model (tested here) is expected to be the best seller and powered by a 1.6-litre 115bhp petrol engine is responsive enough with a 0 to 62mph of around 11 seconds while its pretty economical too, average an impressive 44.1mpg over some 700 miles of

varied test routes.

The five-speed manual gearbox is fine with a nice movement up and down the gears making it an easy car to drive, whether out on the open road or trudging through heavy urban traffic.

Naturally some of that driving involved motoring up and down steep inclines and that means plenty of gear changing at times, particu-

larly when fully loaded with five adults on board, but it's not inconvenient.

Understandably much of the mechanical hardware has come from the Renault 'pot' so all components are well engineered and reliable and again various minor engineering changes now make this Duster more flexible in performance out on the road, helped also by new electric

power steering.

Inside one of the major improvements is that the car is much quieter thanks to more sound deadening and thicker glass used and for the driver the seat has a longer cushion which is so much better and more comfortable than in the previous models – and there's an armrest too.

All new Dusters now have daytime running LED lights, electric front

windows and more supportive passengers seats.

Paying a little bit extra for the Comfort and the buyer gains useful to use seven-inch colour touchscreen, sat nav, parking camera, alloy wheels and cruise control, leather steering wheel, Bluetooth plus heated and electrically adjustable door mirrors – overall an exceptionally good package for £13,000.

The dashboard again remains simple but effective to use with piano style buttons too and surrounding plastic trim is now of a much better quality and Dacia proves with this car that it can produce a comfortable interior with pleasant enough trim.

Admittedly here it is still perhaps not up to the slightly better standard of say the German or Japanese rivals but it better and clearly does the job and of course the Duster is much cheaper which is an important fact for the more budget-conscious buyers. Interior space is bigger too with some 1,623 litres overall of space and plenty of storage spaces for those family oddments while the Duster remains a practical family car in every sense of the word.

The addition soon of a diesel engine will further enhance the range as will a go-faster turbo petrol engine due early next year.

Value for money remains the heartbeat of the Duster which is now a far more accomplished and much better driving car than its predecessor.





# EXCLUSIVE MOTABILITY OPEN DAY AT GATES OF HARLOW

Get a free adaptation health check, enjoy exclusive deals and meet our Motability experts

Gates of Harlow is hosting an open day on Thursday 15th November 2018 dedicated to the Motability Scheme so you can learn first-hand more about the leading car scheme for disabled people.

The Motability Scheme is the worry-free way to get a brand-new car, scooter or powered wheelchair in exchange for either the Higher Rate Mobility Component of the Disability Living Allowance, the Enhanced Rate of the Mobility Component of Personal Independence Payment, the War Pensioners' Mobility Supplement or the Armed Forces Independence Payment.

The Gates of Harlow open day will offer free information and advice on leasing a car through the Motability Scheme to anyone who thinks they might be eligible.

Available exclusively at the event will be the chance to take advantage of special offers including a free adaptation health check and adaptation demonstrations with a specialist from Brig-Ayd Controls. Brig-Ayd's adaptation expert will explain how a car can be modified to suit individual mobility requirements.

On hand will be experienced Motability Specialists from Gates of Harlow to offer advice on getting a new car; there has never been a better choice of Ford vehicles available on the Motability Scheme, many with little or no advance payment. Specialists will also be able to offer advice on who is eligible for the scheme, the benefits of joining and any other questions that you may have. If you have any questions on vehicle ownership on the Motability Scheme, there will also be aftersales personnel available to help.

Plus, visitors can enjoy light refreshments and receive a free valet on their current vehicle, subject to terms, conditions and availability.

Mel Shaw, Motability Specialist at Gates of Harlow commented: "The Gates of Harlow Motability open day promises to be a great occasion to learn more about leasing a car through the Motability Scheme and highlight how easy it is to get on the road. We're really looking forward to welcoming people in Harlow and the surrounding areas to join in the fun and take advantage of the free information, advice and expertise on offer."

The Gates of Harlow Motability open day takes place on Thursday 15th November between 10am and 3pm at the dealership on Edinburgh Way, Harlow. For more information about the event, call Gates of Harlow on **01279 421166** or visit the dealership.

**For more information about the Motability Scheme and to find your local dealer, contact us today.**



## Motability Open Day at Gates of Harlow FordStore Thursday 15th November 2018

- Free Adaptation Health Check
- Free Adaptation Demonstrations
- Advice on Ford Vehicles and the Motability Scheme
- Receive a Free Valet on your current vehicle\*
- Light refreshments available
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13 (63)	Hyundai i30 Active 1.6 Diesel Auto 5dr, White, 36,000 Miles, Air Con, C/Locking, E/Windows, 12 Months Warranty.....	£6,995
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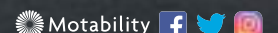


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# Motors marketPLACE

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Ford Fiesta sales  
2008-2012  
£1500-£3500  
Ware  
01920 438936  
www.dane-end-motors.co.uk

### Peugeot

**Peugeot Rcz Gt Thp 156**



1.6ltr, Petrol, 2011, White, 2 doors, 81k mls, full MOT, CD, Alloys, A.C.

**£4000**

07792766027

### Vauxhall

**Vauxhall Combo 2000 L1h1 Cdti**

1.2ltr, Diesel, 2013, Manual, White, 5 doors, 63000 mls, excellent condition, 12 mths mot, S/S/H

**£4200 ono**

07940259101

### Spares & Accessories

**SUZUKI GRAND VITARA 1.9I TURBO DIESEL 2005 TO 2014**  
Oil filter made by Crosland Part no. L10271US, Renault 7700730077, Bosch 0451 103 336, Mann W75/3, Hengst H11W02 and Mahle OC467. This was bought for my car but I sold it before fitting it. I believe it will fit some Renaults, Fords, Volvos and Mazdas. You will need to check your manual or on line to check to see if it will fit your car. £1 01438318734

**SUZUKI GRAND VITARA WORKSHOP MANUAL 2005 TO 2009** Covers 1600cc (JB426), 2000cc (JB420), 2.7i (JB427) petrol and 1900cc (JB419) F9Q Turbo diesel models. These are pdf files on disc. £2 01438318734

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**ESCORT** Brake pads, will fit from "M" registration vehicles, these are still in the original box £10 01702 231002

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**PEUGEOT 206** Driver door, this is for a 3 door car and it has an electric window £35 01702 231002

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**ESCORT/ FOCUS** Vehicle jack, in good condition £12 01702 231002

**FORD ESCORT** Windscreen wiper linkage £10 01702 231002

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### Cars For Sale



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**£8,950.00**  
07836230556



#### Suzuki Jimny Jlx

1.3ltr, Petrol, 1999, Manual, Blue, 3 doors, 87092 mls, VGC, 9 mths mot, S/S/H  
1 owner from new. Vehicle has 4 new tyres. Brake pads & pipes recently replaced with copper and new hoses.  
Buyer Collects  
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Steve @ 07935315933

#### Skoda Yeti Se Tdi Cr 110 4x4



Excellent condition 2-owner 4x4 Skoda Yeti. Fully maintained (recently cam belt and water pump Nov16, annual services/oil change Jun17 and Jun18, new pads). New Michelin Cross Climate all year tyres last year - amazing in wet, snow/ice. New MOT. Will be valeted/polished. High spec - alloys, parking aid, dual zone a/c, cruise control etc, 68000 mls.  
**£6750 ono**  
07730923389

#### Audi A3 Tdi Sport



1.9ltr, Diesel, 2002, Manual, Dolphin Grey, 3 doors, excellent condition, 10 mths mot, S/S/H, ABS, A/C, alarm, immob, alloys, CD, C/L, airbag, E/W, h/seats, PAS, 7 speed gearbox. Elnham  
**£1600.00 ono**  
07873 220293

### CARS FOR SALE

**£300 - £5,000**

07491 653866  
anytime  
(Harlow).  
Also cars  
wanted. (T).

#### Vauxhall Agila Design Auto



1.2ltr, Petrol, 2008, Automatic, Silver, 5 doors, 23400 mls, immaculate condition, 12 mths mot, FSH, A/C, alarm, immob, C/L, airbag, E/M, E/W, PAS

**£3,400 ono**

07906527883

#### Dacia Sandero Stepway Laureate



0.9ltr, Petrol, 2014, Manual, Black, 5 doors, 19800 mls, VGC, 10 mths mot, S/S/H, A/C, immob, C/L, airbag, E/W, PAS, sat nav. Tow bar. One lady owner mainly used for driving to work.

**£5650**

07961286504 or 07976278551

#### Fiat Doblo Dynamic M-jet



1.9ltr, Diesel, 2007, Manual, Red, 5 doors, 220000 mls, excellent condition, 9 mths mot, S/S/H, new turbo, battery and clutch

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Anthony 07810774248

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**07596761373**

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07923499010

#### Peugeot 307 Sw Se Hdi

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**£500 ono**

01245248343

#### Skoda Fabia 2 Tdi 80 Estate

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07512486616 Ramsgate, Kent

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# Motors

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Immediate Payment  
All classic cars & campervans for cash

CASH PAYMENT CASH PAYMENT CASH PAYMENT

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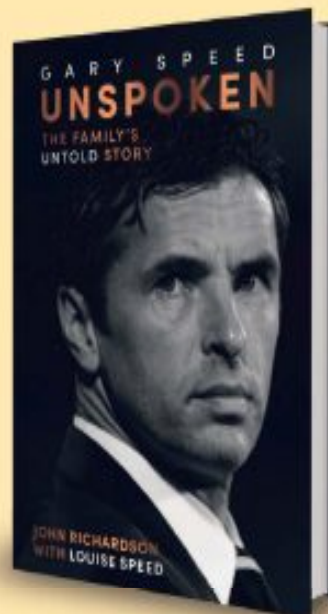
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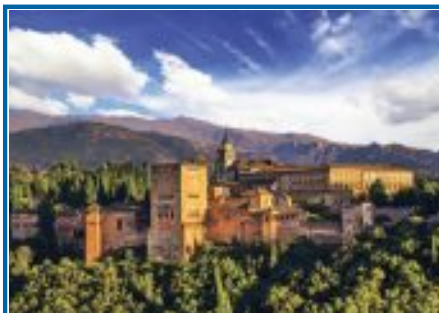
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**Interviews - 20th November 2018**

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email: [ella.fletcher@kings-group.net](mailto:ella.fletcher@kings-group.net)

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from one item to a whole house  
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**Megaphone hand-held** Can be heard for miles. Also siren setting. Good condition. Can be tried. £45 01245 400026

**HUNTER WELLINGTONS** Black, size 7 in very good condition £35 ovno 01277 652018

**Tyres x 2 Monza HR7 175/65R 82H** Never used. £45 01245400026

### Blinds/Curtains

#### 6 VENETIAN WHITE BLINDS

120cm wide x 152cm drop  
As new, boxed.  
Will separate or all for:  
**£50**

4 net curtains to fit windows;  
8ft wide x 4ft drop  
As new  
**£40**

4 vertical cream blinds  
All fittings including rails  
Each at:  
**£25**  
01621772711

**JOHN LEWIS CURTAINS** 2 pairs matching Sanderson Dandelion Clock pattern each curtain 64" wide x 84" long, fully lined, hardly used. Ideal doors. Will separate £50 per pair or both pairs £85 01277 652018

**CURTAINS** beautiful grey curtains with large pale pink triple pleat heading, size 120 inches wide x 55 inches long. Professionally made and fully lined. As new £40 01277 652018 or 07851 254833

**Curtains One Pair Plus** **Valance Peach Colour** To fit a pole / rail up to 120 inches wide, 58 inches drop, pinch pleated with pink hooks and weights fully lined. £20.00 07866612096

**Blind Brand New Luxaflex** **Complete with Fittings.** Dark Peach Colour Rise and Fall Controls on the Right Hand Side. 1045mm Wide x 1050mm Drop. £30.00 07866612096

**CURTAINS** 88" wide x 72" long lined. Cream with art deco style pattern, large heading and coffee coloured tulip print, very attractive, eyelet pleating, as new. £40 01277 652018

**ROMAN BLIND** with matching solid pelmet. Pale blue with boating scene. 53" wide (135cms) x 47" drop (120 cms). Professionally made and fully lined, vgc £30 01277 652018

**Sheridan Curtains** Brand new unopened pencil pleat 180cm width 137cm drop with tie backs. Fine cotton, washable. Originally £119 £35 01277 824103

**NET CURTAINS** each curtain 90" wide x 90" drop cream/red stripe, fully lined, eyelet headings, very good condition. £40 01277 652018

**Net Curtains Assorted Sizes and Styles** Drops 49"-51". Widths 5ft-18ft (Romford) £10 07948 318956

### Computer/Games

**DESKTOP COMPUTER CPU HEATSINK AND FAN** AKASA NERO AK-967 for Intel and AMD processors. Suitable for Intel LGA775, LGA1366 and AMD 939, AM2 and AM2+ processors. Low noise bright black 120mm PWM fan. 3 Long heat pipes for rapid heat transfer. Easy push pin (intel) or cam lever (AMD) mounting. In good working order and can deliver. £18 01438318734

**COMPUTER 3-SHELF UNIT** Black tubes & black ash wood finish, on casters. Size, HxDxB= 86x35x50 cm. 5 different versions & sizes available. BRENTWOOD £15 01277 223377

**DESKTOP COMPUTER RAM, 1GB OCZ REAPER** HPC (heat pipe conduit), 240 pin DDR2 SDRAM, 1066MHz (PC2 8500), model no. OCZ2RPR10662GK. In good working order and can deliver. £5 01438318734

**Palm Vx Handheld PDA** Hot sync cradle & battery charger via serial port. Leather case, stylus pens. Handbook & CD. Ideal for enthusiasts/collector of vintage electronics £5.00 01277 655272

**3 SHELF COMPUTER UNIT** Black Ash finish to wood & black on metal tubes. On casters. Size HxDxB = 86x35x50 cm. 3 different models available. £12 01277 223377

**Nintendo Wii** 'Band in a Box' wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring after 7.30pm. £80.00 01245 610330

**Sat-Nav** Binatone F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £30.00 01245 610330

**2 SHELF-UNIT FOR COMPUTER** Black Tubes and Shelves, 2 shelf unit on casters. HxDxB = 71x60x35 cm. BRENTWOOD £12 01277 223377

**COMPUTER'S Two shelf unit** Tubes & 2 shelves in black, unit has casters. HxDxB = 71x60x35 cm. BRENTWOOD £15 01277 223377

**COMPUTER THREE SHELF UNIT** White tubes shelves, but not on casters. HxDxB = 72x60x32 cm. BRENTWOOD. £12 01277 223377

**DESK** ok finish/Tesco's, suitable for home or office use L 120 x D 65 x H 70, good condition £25 ono 07736 165651

**ECHO DOT** Amazon Echo Dot 2nd generation. £20 ono 01245 355418

### Furniture

#### Dining Table and Chairs

Great quality Table and chair set. Solid wooden table with iron legs. Four chairs with iron pattern on back.  
Used condition, a few scratches on the table top and chairs.  
Nothing too noticeable.

**£130 ono**

07817736270

**Bed/teepee** Pine day-bed with mattress and three large back cushions with pull out full length bed space/storage. L 204cm W 86cm H 78cm.Vgc. £70 01245 465395

### Furniture

#### DINING TABLE AND 4 CHAIRS (YEW)

In excellent condition.  
Please call Ray

**£75 ono**

Tel: 01376 332083

**G Plan Teak Double Wall Unit** includes drinks cabinet with folding doors, lighting, glass display shelves and two cupboards. W5' H5'10" D21" Excellent condition. Buyer collects. £80 01621 893321 or 07887842073

**Christmas Plates** Royal Doulton 1st/2nd/3rd Xmas plates; 1977/1978/1979 still boxed-beautiful Victorian designs, excellent raffle prizes or collectors items £10ea or 3: £25 07736 165651

**Nest of Tables** Nest of 3 Tables, teak in colour, in good condition, some surface marks, but not damaged, photos available, possible local delivery. £25 ovno 07941738384

**Wall Unit, G Plan, Teak,** includes lighting, glass display shelves and two drawers. Widths 2' 6" Height 5' 10" Depth 21". Excellent condition. Buyer collects. £50 01621 893321 or 07887842073

**Coffee Table** Oval Coffee Table, plus matching mirror, teak in colour, vgc, photos available, possible local delivery. £40 ovno 07941738384

**Nest of Tables** Nest of 3 Tables, dark wood, glass tops with leatherette style insert, vgc, photos available, possible local delivery. £35 ovno 07941738384

**Retro Formica Cabinet** White & Teak effect, 2 glass doors & interior light, fold down door, shelf, 2 cupboards, 3 drawers W60" H52" D16" on castors (Romford) £20 07948 318956

**Coffee Cups & Saucers Set** BEAUTIFUL Aynsley Blue Mist delicate design, 6 piece set, still boxed never used. £30 07736 165651

**Dining Table + Chairs** Excellent Condition, 52" x 32" extends to 70", with 4 Chairs. Collect Brentwood. £50 ono 07880665848

**Parker Knoll** Occasional chair. Ideal bedroom. Square back, removable seat in beige, grey and pink muted pastels.Vgc £15 ovno 01277821149

**SOFA FOR SALE** 3 Seater Beige Leather Recliner. Leather Armchair Free Buyer Collects £50 ono 01279 757823

**Coffee table** Square shaped, solid cherrywood, ok condition, benefit from a varnish £30 ono 07736 165651

**KITCHEN CHAIRS** 2 RED LEATHER KITCHEN CHAIRS WITH POLISHED CHROME LEGS £30 ovno 01920 739465

**ROCKING CHAIR** Glider nursing rocking chair. White. (No cushions/Covers.) £20 ono 01245 355418

### Arts & Crafts

**CHEESE-DISH & COVER** Domed earthenware, 8 inch high, 10 inch diameter. Flowers and wickerwork design. BRENTWOOD. £60 01277 223377

**Gold leaf imitation** 100 leaves per pack, each leaf 140mm x 140mm, free postage £10 07754527460

### Hobbies (Sales)

#### BEEHIVE (COMMERCIAL TYPE)

With bees and a super. Also with stand Buyer to collect (Chelmsford area)

**£150**

Tel: 01245 463736

**Classic SCALEXTRIC Track** Classic SCALEXTRIC Track and Accessories to include 11 Curves; 2 Straights; 1 Chicane; Power Base; 2 Hand-Controls; and Power Adaptor... £12.00 ovno 07986 386669 or 01245 472175

**GOLF PLATES** Melvyn Buckley Royal Worcester plates, new, collectables or Golf Club raffle/prizes: The Links/The Clubhouse/The Fairway/The Bunker £10 each/4 for £35 ono 07736 165651

**SEA TOILET - Simpson Law-** Ready for a re-build. Black Plastics Seat & Cover. White Earthenware Bowl. Bronze Pump, Valves, Handle. Cast Iron Base. BRENTWOOD £50 01277 223377

**Fabrics for craft** Large selection of fabric offcuts ideal for crafts. Prices from 50p or by yardage. Please contact for viewing. Price up to £5 01277821149

**LIFE PRESERVERS - ORANGE** 3 off E5 Child size Crewsaver 1 off Adult size Helly Hansen Navigare BRENTWOOD £15 01277 223377

**HORNBY SELECT** R8213 DCC controller complete with instruction book and power supply £60 01702 231002

**PORTA POTTI Model 265** Rarely used and no longer used £27 BRENTWOOD £27 01277 223377

**Heritage Railway** Magazines issues 2010 to 2016, 60 magazines in total £25 01702 231002

### Clothing

#### LADIES FOX FUR JACKET

Genuine beautiful fox fur jacket. Immaculate condition.

Size 12-14.

Contact Mike -

**£75**

07843965425

**Dress/Top** IRON FIST, Size L, Sequined black front with coloured skull, plain black material back. NEW. HEYBRIDGE £15 07756 047022

**Nike Hooded Gilet** Royal blue, large boys age 12-15 (chest 152-158 cm), very good condition £10 01621 893321 or 07887842073

**ADIDAS Sports Jacket/Coat** Small Men/Boys (age 15) quilted, black - excellent condition £8 ono 07736 165651

**Dress H & M, Size 12/14,** Mink Brown, 2 draped pockets, silky-feel material. HEYBRIDGE. £10 07756 047022

**hi Viz jacket** made by Timco code hylxing XLarge size un- used & still in wrapper. £15 07788 190709 or 01245440306

**Jeans with all labels,** Cross-hatch W32" Long, Skinny Fit. New. HEYBRIDGE £15 07756 047022



# Classified

## Antiques

**ANTIQUE "MITTERTEICH" PORCELAIN CANDLE HOLDER WITH SNUFFLER**, stunning item from 1890s, blue with gilt edge, delicate floral decoration on base & snuffler, clear backstamp, in top pristine condition at 120 years old, £40 ovno 07770430427

**Vintage Dressing table set** Regent of London, Vanity tray with hand mirror, hair brush, clothes brush and comb, bone china rose centre, red velvet on bottom of tray. Not boxed. £20 07756 047022

**Wedgewood-Coalport miniatures** for sale. Miniature tea set items, Wild Strawberry, Blue Jasper, Mirabelle, Kutani crane etc. Phone for details and prices. From £10 01621 854820 or 07756 047022

**HONEYCOMB DISH & COVER** Ironside Earthenware. 8 inch high, 10 inch Diameter. Wicker Bee-skep & floral design. BRENTWOOD £60 01277 223377

**BRASS SHEATHED COAL BOX** On casters, with hinged lid. Has Galvanised inner. HXL= 15 x 20 x 13 inches. BRENTWOOD £33 01277 223377

**COAL or COKE DUMM** Brass effect circular drum. D x H = 12 x 17 inches. Contains a Galv. inner. Circular Lid. BRENTWOOD £12 01277 223377

**Commemorative glass plate/bowl** King George V & Queen Mary silver jubilee 1935 clear glass plate. HEYBRIDGE £15 07756 047022

**Wedgewood globe sugar bowl** lidded with 2 side handles. 5" high. Kutani crane. HEYBRIDGE. £10 01621 854820 or 07756 047022

**ROYAL DOULTON lady figure** "Kirsty" - approx. 8" high. HEYBRIDGE. £30 01621 854820 or 07756 047022

## Articles Wanted

### WANTED

**FOOTBALL ITEMS** TOP CASH PRICES PAID FOR PRE 1980s MEMORABILIA PROGRAMMES, TICKETS, PRESS PHOTO'S, PIN BADGES, PANINI ALBUMS- ANY CLUBS, COMPETITIONS.

ESPECIALLY BULK LOTS OF ENTIRE COLLECTIONS.

ANY CLUBS FROM PREMIER TO NON LEAGUE

\*\*\*NO BOOKS, VIDEO'S, DVD OR SIGNED ITEMS\*\*\*

Tel: 07930 330485

### WANTED

**OLD CAMERAS** Best prices paid for your old photographic equipment.

35mm or Digital Camera, lens Canon, Pentax, Nikon, Olympus, Bronica, Tamron, Minolta, or any other photographic equipment you might think of interest.

Bellows Cameras Perhaps???

pturnerphotographics@gmail.com

Tel: 07929 340709

### WANTED

**BICYCLES AND SPARES**

Any condition and anything pre 1980 will be considered. Town bikes, Tandems, Shoppers, Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Anything older than 1980.### no mountain bikes please ### Local man will collect and pay cash.

07972 630090

### WANTED

**Brians music world** ANY RECORD COLLECTIONS (LPs, SINGLES, EPs, 78s.) ANY HIFI SYSTEMS (RECORD PLAYERS, SEPARATES) WE WILL COME TO YOU HAVE A LOOK. MAKE A OFFER. NO CHERRY PICKING. FOR A FRIENDLY SERVICE CALL SUE OR BRIAN. (SUE: 07943056917) (BRIAN: 07534142506)

01245690062

## Articles Wanted

**WANTED MODEL STEAM ENGINES**

and petrol engines,

Vintage toys and

model workshops cleared.

Cash paid.

01787 377628 or 07811484124

## FOOTBALL PROGRAMMES WANTED

Local collector seeks especially pre-1970 items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc and Whole Collections.

01245 358660

## ALL RACING FRAMES

1920's to 1990's

Any condition

01642555168 or

07990972470

## WANTED Furniture

We collect and pay cash for furniture From one item to whole house

Please call Bob on will pay up to £10000

07725040930

## RECORDS WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP'S, EP'S AND 45's

01279 813400

07881 453435

## Beds/Bedroom

**FUTON COVER** IKEA denim replacement cover and pillow/cushion covers unused, still wrapped. To fit Size 6'2" x 3'2" plus covers. £25 ovno 01277 652018

**Adult single bed** Hardly used single bed in very good condition - no marks. Comings to fabric fire regs. 6'2" x 3". Brain-tree area. £45 07505 639646

**CORBY TROUSER PRESS** Model 7700 - mahogany, 3 heat programmes and 15, 30 or 45 minute settings. Excellent condition £40 01277 824103

**John Lewis bed head** For kingsize in cream. Wooden with removable panels so you can put your own fabric in if required. £30 01277 824103

**3ft Headboard** - dark brown - faux leather - good condition £4 07505 641029 or 01245460002

## Bathrooms

**Traditional towel radiator**

Brand new in original packaging 952mmx479mm Chrome and white

£90 ONO

07710179632 or 01245 353870

**Bathroom/Cloakroom Suites**. Retro style. Two matching suites each including a toilet, cistern, basin and pedestal with floral design. Excellent condition. £80 for pair or each £50 01621 89321 or 07887842073

## Bathrooms

**electric shower** Made by Triton 180 Pro-lit 8.5kw model space saving. Brand new and still in box £100 07788190709 or 01245440306

**BATH BOAT** with handle, in excellent condition £13 01702 231002

## Bicycles

**Trailer bike**. Trek child's tow-a-bike. For attaching behind adults bike to enable child to be towed along. With operating pedals. Good quality make and excellent condition. £40 01462 639410 or 07833 626029

**Man's bicycle** Halfords Apollo Prodigy 21 Brand new tyres. Shock wave suspension. Works well £40 01277821149

**MOUNTAIN BIKES X2** need attention good wheels and tyres on 21" disc brakes £25.00 01245602454

## Books For Sale

**275 Books of All Genres ANY AS NEW** We are selling these books in aid of Bone Cancer Research Trust. Many in fantastic condition, hardbacks and paperbacks. £25 ovno 01268565646 or charitystampappae@gmail.com

**BRITISH RAILWAY** Modelling issues available from 2004 to 2017 50 pence each or 12 issues for £5 £1 01702 231002

## Building Materials

### TIMBER WOOD

Long pieces of timber. 10ft long. 37 lengths.

£50

01992523407

or 07803306648

**DARK STAIN INTERNAL DOOR** 15 (5 x 3) panes of Flemish Glass. Size 27 x 78 1/8" thick. Includes Handles. No hinges. Recesses for ball-chain & double door flick-up. BRENTWOOD. £15 01277 223377

**hardwood front door** 44mm thick with top fan light and door furniture. Good condition £100 07788190709 or 01245440306

**MANHOLE SILL & COVER** Cast iron cover & surround for Manhole. Imperishable. Dispositions obviously. BRENTWOOD £25 01277 223377

**Caravan & Camping**

**COOLER**. Picnic by Ascot. Navy wheeled cooler with attached removable picnic set for 4. Includes plates/cutlery/napkins/glasses/cheeseboard/salt/pepper. £50 01245 355418

**Bigfoot Motor Mover** Adjustable angle guide lever forward and reverse. 12 volt for Caravan or Trailer. Collection only. £70 01245 464905

**Caravan and Trailer parts** Winches with accessories. Good condition. £40 each. £40 01245 400026

**Caravan Stabiliser Prop** Stands All complete & Good condition. £18 EACH. £18 01245 400026

**CHILDRENS CLOTHING**

**Boy Clothes aged 8-10** 40 items, shirts, T's, jeans, jackets in several Benetton, Quiksilver, Timberland, Levi's & 2 old Barca kits. VGC £40 01376 573492

**Hype clothing** Selection of 9 hype T-shirts. Mainly age 13, some 11 - 12. Good condition. Retail price £15-£17 new. £45 07960697809

**CRGS Blazer** Size 34 - only worn for 5 weeks, as good as new £45 01376 573492

**Electrical (Sales)**

**Photo Printer** Selphy CP780 Silver, ideal to print out your memorable photos. Good Condition £100.00 Diane diane.harris@btopenworld.co.uk or 0769485089

**Dimplex 3kw Convector Heater Model 3087S** Thermostat with Frost Settings, 24 Hour Timer, 2 Power Settings, in good condition perfect working order. £18.00 07866621096

**Christmas Trees & Decorations**

**Christmas trees** Approx 20 artificial trees for sale-various colours and sizes up to 6ft Job lot £50 01277821149

## Collectors Items

**CORGI MODEL BEDFORD OB COACH SET** A set of 2 coaches to commemorate the history of coach registration number MMN57 built in the UK in 1957 and was then rescued and restored in the Netherlands in 1987. Diecast metal. In as new condition and boxed £20 01438318734 or 07988559201

**CORGI MODEL PICKFORDS SCAMMELL CONSTRUCTOR WRECKER TRUCK**. This is a limited edition number 1496 of only 4100 produced. Diecast metal 1:50 scale. In as new condition and boxed. Can deliver. £40 01438318734 or 07988559201

**LEDO "90 GLORIOUS YEARS" MODEL LIMOUSINE TO MARK THE 90TH BIRTHDAY OF THE QUEEN ELIZABETH II** THE QUEEN MOTHER ON 4TH AUGUST 1990. This was made in the UK in die-cast metal by Lledo. In as new condition and boxed. £40 01438318734

**CORGI "WEETABIX" COLLECTION, SPECIAL EDITION LORRY DOUBLE DECKER BUS AND ASTON MARTIN CAR.** Made in die-cast metal. In as new condition and boxed. Can deliver. £15 01438318734 or 07988559201

**HIP FLASK WITH OFFICIAL DC COMICS BATMAN LOGO** 6 Fl. oz. for whisky, brandy etc. Brand new and unused and in its original packaging. Can deliver. £8 01438318734

**RAILWAY MODELLER** magazines 50 pence each or 12 for £5 £1 01702 231002

**Domestic Appliances**

**Hoover Capture Vacuum Cleaner** Three years old. Finished in red. Spare bag. In good working order. Buyer collects. £15.00 01245 400577

**central heating boiler** gas made by Viessmann vitodens 100 power flushed and ready to use. Comes with flue £100 07788190709 or 01245440306

**Ekco Hostess Trolley** With 4 glass dishes and 12 plates 2 additional glass dishes and lids. Excellent condition. £60 ovno 01245 226877

**TeamsMade** Goblin TeamsMade, have your tea in bed, in good working order. Photo available, possible local delivery. £12 ovno 07941738384

## Fashion

**Marks Mens Black Jeans** M&S Collection Slim Fit Stretch Travel Jeans BLACK. Size 40 29in. ovno £39.50 Never worn £20 ovno 01277824103

**leather cases** 2 available both small size. Both leather one with side pocket. Excellent condition. £35 each. £35 01245 440306 or 07788190709

**Elizabeth Arden bag**, make up/toiletry bag, zipped, good, approx 6" x 10", UNUSED. HEYBRIDGE. £6 07756 047022

**safety boot** size 10 Tan colour. Dick's product ref. all good condition. Don't take a chance when they're messing about on the water! Items FROM £10 EACH. £10 01245 400026

**Household Goods**

**Deluxe travel cot** Deluxe travel cot great to see your baby down were ever you are, with removable changer/basinet lockable wheels. 4 side mesh ventilation, suitable for babies up to 15lbs from birth to 24 months. Doungles as play pen £25 ovno 07919525770 or 0776810691

**Buoyancy and Lifejackets** Bats to children, all good condition. Don't take a chance when they're messing about on the water! Items FROM £10 EACH. £10 01245 400026

**CORNISH POTTERY** Substantial amount of traditional Cornish Pottery including tea and coffee ware, jugs, ashtray, ornaments and other sundries. 35mm glassless nags in attractive and in vgc £40 01277 625018

**for sale** Dyson upright SC14 cleaner telescopic action with tools £15.00 m ewitt

**Wicker basket** for carrying bottles of wine £4 01376514127

**Home Furnishing**

**Display Unit**

In excellent condition, 2mtrs in width, top and base unit are separable units. Collect from Brentwood

**£100 ONO** 07880665884

**Health & Beauty (Sales)**

**Mark Hill Hot Rock Rollers** Mark Hill Hot Rock Rollers with instructions. Only used once £10 07905094709

## Miscellaneous Sales

**CANTEEN OF CUTLERY** Bestecke Qualitat Set 1829 Solingen German 70 piece stainless steel cutlery in lovely case. Only used once or twice. An absolute bargain. £90 ovno 01277 652018

**NORITAKE LEGENDARY SE** Model 50 bone china dinner/tea ware 45 pieces, includes 3 size plates, bowls, tureen, salt and pepper pots, sauce boat, cups, saucers, teapot, milk and sugar £65 01277 652018

**Winnie the Pooh clock** Royal Selangor pewter and wood clock. Orig. price £85 Perfect working order Superb condition. Ideal gift. 15cm high by 9cm wide Collectors piece. £15 01277 824103

**Royal Doulton Lambethware**, Will o' the Wisp. (2 items) Milk Jug + Sugar Bowl with lid. Both approx 10ins tall. Rare. If ever used. VGC. HEYBRIDGE. £10 01621 854820 or 07756 047022

**DESK** Oak finish, Tesco's, suitable for home or office use. L 120 x D 65 x H 70, good condition £25 ovno 07736 165651

**VANGO BACKPACK** Sherpa 65 Polar model used only once in vgc. Ideal for travelling £25 ovno 01277 652018

**JIGSAW PUZZLES** Storage Board will fit puzzles up to 1500 pieces £15 01702 231002

**Wine Rack**. Holds 30 bottles see Argos page 777. Good condition. £10.00 01245 226877

## Musical

**GUITAR 3/4 size LAU** Model 50-NI, without 3/4'boxey' sound. Most unusual, I think. An encouraging first instrument. With shoulder strap & case. 500 mm strings. BRENTWOOD £33 01277 223377

**Electro Acoustic Guitar** Kimbara electro acoustic guitar. Excellent condition. Bowl back. Top quality instrument. £100 07580022674

**TANGLEWOOD GUITAR** Fullsize model TW-60. Nylon not Steel strings. 650mm string length. With a case. £46 01277 223377

**GUITAR - HOHNER Full size** Guitar Model HC-60. 650 mm string length. With Hard Case. BRENTWOOD £75 01277 223377

**Yamaha Recorder** Yamaha Soprano recorder and case vgc. £25.00 01376 573492 or 01376573492

**high hat cymbals** high hat cymbals £25 01245 602434

## Parent & Baby

**Deluxe travel cot** Deluxe travel cot great to see your baby down were ever you are, with removable changer/basinet lockable wheels. 4 side mesh ventilation, suitable for babies up to 15lbs from birth to 24 months. Doungles as play pen £25 ovno 07919525770 or 0776810691

**Stationary Engine MAG.** Lucas R51 magneto, with handbook. Has switch with an ON and 2 OFF positions. For a LISTER engine. Tested & working order. BRENTWOOD £99 01277 223377

**Tools/DIY**

**2nd CHAIN for that Chainsaw** You've bought the saw, and now I've found it's 2nd chain. It's your's for free. Collect it at any time. BRENTWOOD. Not £1 01277 223377

**Cordless Screwdriver** Black & Decker KC9036KA with charger, case and accessories. Straight or angled handle. Never used. Ring after 7.00pm. £20.00 01245 610330

**makita tool bag** black and red size approx. 50x30x35 cm unused. 8 external and 5 internal pockets £25 01245 440306 or 07788 190709

**Record Vice** Old Record No2 engineering vice. 3 1/2" jaws. 4" opening. Good working order. Gt Baddow area. £30 ovno 07580022674

**set of dies** set of Whitworth dies made in USA by GT and D Coppin Greenfield Mass £45 01245 602435

**Assorted Tools** box of old spanners, screwdrivers etc. (Romford) £12 07948 318956

**Pet Care**

**Dog Cages** 2 x metal folding dog cages 58 x 52 x 74 cm and 52 x 44 x 74 cm. £10 each. Also Croft Fabrikenkel - wire framed soft crate with mesh front and sides and handy pockets. Folds flat. Water resistant. 52 x 47 x 60 cm. All VGC. £25 01278127045

**HAMSTER CAGE** Plastic hamster cage. 42cm x 30cm x 26cm. £8 ovno 01245 355418

**VERTICAL SLIDING** Weights for sash windows 2 x 6-5lbs and 2 x 6lbs £20 ovno 01702 231002

## Garages/Sheds

**Sturdy Metal Cabinet** with lock and key. Size - Width 18" Height 18" Depth 12" suitable for garage or shed £10 01376514127

## Home Improvement

**PILLAR Taps**, in excellent condition never used £10 01702 231002

## House Clearance

**PAUL'S HOUSE CLEARANCE** Houses, Flats, Garages, Offices etc. Fully Licensed. 7 days a week. Call Paul anytime. 07973 492973

**BOAT JUMBLE** What offers for all my boat-jumble. Sold the boat Now boat-buffers have to go! BRENTWOOD. Offers only above £1 01277 223377

## Kitchens

**Fridge freezer for sale**

Whirlpool Fridge freezer for sale Height:186 cm Width: 59 cm

£150 OVNO 07860178328 or 01621740883

## Kenwood Food Processor

**FP215** Kenwood food processor and liquidiser in white with instructions. Never used. £30.00 07905094709

## Lighting



## Classified

### TV/Video/Audio (Sales)

#### \*\*\* VINTAGE HI-FI WANTED \*\*\*



#### \*\*\* VINTAGE HI-FI WANTED \*\*\*

Record Players: Garrard Models 301 or 401. Thorens TD 124 or 125, Linn LP12, Vöyd or EMT 927 / 930. Transcriptors, or Townshend Speakers - Large Old: Tannoy, Westrex, Western Electric, Lowther or Vitavox (pre 1960 cinema speakers) or Small Rodgers, Chartwell monitor speakers.

Valve Amplifiers: Quad, Radford, Leak, Westrex or Western Electric. Solid state: Quad, meridian or Lecson

\*\*\* RECORD COLLECTIONS ALSO WANTED \*\*\* :  
Modern Jazz, Folk, Progressive Rock, or Blues Considered  
Can you help? Cash on Collection

\*Please Call Matthew On:  
07990 738850

**BUSH CRT 28" TV BUSH**  
28/7NTX Colour TV ... Working order ... nice picture quality, No remote. FREE to collect if you can use it. £1.00 ono 01245 472175 or 0798638669

**DAB Radio Sainsbury's 'Red'**  
DAB/FM digital portable radio with power lead and manual. No batteries included. Excellent condition. Ring after 7.00pm. £25.00 01245 610330

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## Business

### Public Notices

#### Essex County Council

#### (Footpath 14 & Footpath 29, Harlow) (Temporary Prohibition of Use) Order 2018

**Notice is hereby given** that the above Order made by Essex County Council, under s14 of the Road Traffic Regulation Act 1984, has been continued in force with the consent of the Secretary of State for the Department for Transport until 7th May 2019

**Effect of the order: Effect of the order:** to temporarily close that length of Footpath 14 & Footpath 29, Harlow as specified:

Footpath	Description	Alternative Route
Footpath 29, Harlow	From Marsh Lane in the east to the junction with Footpath 184 in the west for a distance of approximately 700 metres	Gilden Way and Marsh Lane
Footpath 14, Harlow	From Gilden Way, north for approximately 575 metres	Gilden Way and Marsh Lane

The closure commenced on 7th May 2018 and is required for the safety of the public and workforce while development works are undertaken.

Dated: 1st November 2018

Essex County Council, Network Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH

Telephone: 0345 603 7631

Website: [www.essex.gov.uk/highways](http://www.essex.gov.uk/highways)

#### (Hamstel Road, Harlow) (Temporary Prohibition of Traffic) Order 2018

**Notice is hereby given** that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under section 14(1) of the Road Traffic Regulation Act 1984.

**Effect of the order:** To temporarily close that length of Hamstel Road, Harlow in the District of Harlow, from a point approximately 40m south east of its junction with Rectory Wood for a distance of approximately 100m in a southeasterly direction. The closure is scheduled to commence on 19th November 2018 for 4 days, or where stated on a valid permit (EP201EH2230802 - Essex County Council). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on [www.roadworks.org](http://www.roadworks.org). The closure is required for the safety of the public and workforce while zebra crossing installation works are undertaken by Essex County Council.

An alternative route is available via Hamstel Road, Hodings Road, Fourth Avenue, Fifth Avenue and vice versa.

Or via Hamstel Road, Fourth Avenue, Hodings Road, Hamstel Road and vice versa.

The Order will come into effect on 8th November 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

TOWN AND COUNTRY PLANNING ACT 1990  
PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990  
Planning (Listed Buildings and Conversation Areas) Regulations 1990  
Town and Country Planning (Development Plans and Consultation) Directions 1992

#### PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG on Monday - Friday 9am - 4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

**Application No:** HW/FUL/18/00438 **Ward:** Toddbrook  
**Application Type:** Full Application  
**Location:** 20-24 Adams House East Gate Harlow Essex  
**Proposal:** Construction of an Additional Storey to the Building to Provide 5 No. Residential Units; Conversion of the Existing First Floor Accommodation from Nightclub/Storage to 6 No. Residential Units.

**Reason for Advert:** Major Development  
**Application No:** HW/FUL/18/00469 **Ward:** Little Parndon-Hare Street  
**Application Type:** Full Application  
**Location:** St Marys Church Parndon Mill Lane Harlow Essex  
**Proposal:** Construction of a Hall, Toilets, and Ancillary Accommodation within a Detached Annex to the Church, and including a Step Free Access to the Church within a Glazed Link between Church and Extension. Alterations to an Existing Window within the Church to Form a New Door Opening, including the Removal of 2 No. Pews.

**Reason for Advert:** Listed Building  
**Application No:** HW/LBC/18/00470 **Ward:** Little Parndon-Hare Street  
**Application Type:** Listed Building Consent  
**Location:** St Marys Church Parndon Mill Lane Harlow Essex  
**Proposal:** Construction of a Hall, Toilets, and Ancillary Accommodation within a Detached Annex to the Church, and including a Step Free Access to the Church within a Glazed Link between Church and Extension. Alterations to an Existing Window within the Church to Form a New Door Opening, including the Removal of 2 No. Pews.

**Reason for Advert:** Listed Building  
**Application No:** HW/TP/18/10058 **Ward:** Old Harlow  
**Application Type:** Works To Trees in a Conservation Area  
**Location:** 1474 Old Road Harlow Essex CM17 0HQ  
**Proposal:** T1, T2 Lime trees front of property - crown reduction works, including removal of epicormic stem growth

**Reason for Advert:** Tree Works Within a Conservation Area  
**Application No:** HW/TP/18/10059 **Ward:** Old Harlow  
**Application Type:** Works To Trees in a Conservation Area  
**Location:** St Marys Church Churchgate Street Harlow Essex  
**Proposal:** T1 - Ash - Remove Large Extended Limb of Tree and Lower Smaller Branch. Remove Deadwood from Crown of the Tree.

**Reason for Advert:** Tree Works Within a Conservation Area  
**Application No:** HW/TP/18/10060 **Ward:** Old Harlow  
**Application Type:** Works To Trees in a Conservation Area  
**Location:** 23 New Road Harlow Essex CM17 0DU  
**Proposal:** T1 - Contorted Willow - Fell & Stump Grind

**Reason for Advert:** Tree Works Within a Conservation Area  
**Application No:** HW/REM/18/00433 **Ward:** Old Harlow  
**Application Type:** Approval of Reserved Matters  
**Location:** CP2A Milestone Road Newhall Harlow  
**Proposal:** Erection of 163 Dwellings  
**Reason for Advert:** Major Development

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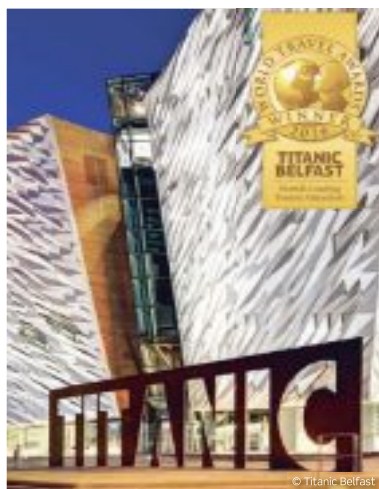
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**female seeking**

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**LADY**, 69, seeks gentleman, similar age, for coffee, chats, meet ups, friendship. Look forward to hearing from you. Tel No: 0906 515 4456 Box No: 432741

**JULIE**, strict lady who suffers no fools. 51yrs, blonde, larger build with own home. Demands that a man who knows his place in life calls her today. Text Only. Box: 4130844

**MARGARET** 58, adventurous, well preserved professional, loving, kind, with many interests, seeks a N/S male for friendship, maybe more. Tel No: 0906 515 4456 Box No: 432801

**HARRIETT** 42yrs, blue eyed brunette with long legs and decent curves! Looking for a cheeky adventurous man for fun only. I live alone in the North East so can accommodate but can also travel. Give me a try. Tel: 0906 515 3028 Box 426205

**TINA**, pretty Asian lady. 32yrs. Lives at home & works in family business. Hoping to meet a kindly older man who is understanding of her situation. Text only. Box: 4125494

**DEBBIE** 48, crazy sense of humour, loves countryside, seeks similar nutty guy for uncomplicated fun times. Tel No: 0906 515 4456 Box No: 432767

**JACQUELINE**, sophisticated solvent professional lady, 42yrs, looking for some fun with down to earth working class gent, any age. Text Only. Box: 4114596

**LINDA** 50, bubbly blonde believes life is for fun, laughing and loving. W/LTM tall, attractive guy who feels the same, for fun times. Tel No: 0906 515 4456 Box No: 432755

**PASSIVE** kindly lady, 48yrs. Blonde, green eyes, smartly dressed. Hoping to meet a strong minded older man to respect. Text Only. Box: 4018047

**CAROL** 50yr old petite honest, caring female who enjoys male companionship W/LTM likeminded guy for a round of golf, romantic meal and weekend away. Tel No: 0906 515 4456 Box No: 432695

**JAYNE**, professional lady, 46yrs. Lonely and missing romance and private moments. Hoping to meet a like minded gent of any age. Text Only. Box: 4063214

**GWEN**, 41yrs blue eyed brunette, recently new to the market and looking for some male attention, 35-50yrs. Status unimportant. Tel No: 0906 515 4456 Box No: 432643

**SUSIE**, married, adventurous/dominant lady, 38yrs, seeks discreet man any age/area for no strings fun. Lives in North West. Tel No: 0906 515 3008 Box: 431239

**LOUISE** 48yrs, divorcee, looking for fun times with likeminded male who likes to have good times in or out. Status/looks unimportant. Tel No: 0906 515 4456 Box No: 432587

**ROBERT** W/LTM a lady, 21-28, fit and slim, if you would like some discreet fun please let me know. Tel No: 0906 515 4456 Box No: 432561

**MARK**, 56, 5ft8, blue eyes, not bad looking, divorced, GSOH, adventurous, easy-going, genuine, looking for a down-to-earth lady, 50-62, someone open-minded and genuine who likes a laugh and joke. Tel No: 0906 515 4456 Box No: 432563

**JIM**, 57, 6ft11, blue eyes, N/S, looking for a white woman, N/S, any age, for romance, relationship and good times together. Tel No: 0906 515 4456 Box No: 432553

**HUGE** black, British born male, five foot eleven, semi pro body builder, extremely good looking with a vibrant and winning personality. Get in touch and I'll send you a pic! Tel No: 0906 515 4456 Box No: 420155

**HANDSOME** good looking white male, I teach hot yoga but I am looking for a hot date. I am physically fit, call me if you want to get in touch. Tel No: 0906 515 4456 Box No: 430723

**SEAN**, outgoing, considerate, likes swimming, going out for meals, day trips, enjoying life seeks lady 18+ for friendship/possible relationship. Tel No: 0906 515 4456 Box No: 430723

**BLACK** man, 30s, looking for a genuine and honest lady for friendship and maybe more. White or Asian, 29 to 40 years old. Get in touch. Text only replies. Mailbox: 6449130

**MALE**, 56, N/S, looking for female, 60-70, N/S, for friendship, relationship and to share weekends and holidays away. Tel No: 0906 515 4456 Box No: 428111

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**JULIETTE** seeks her Romeo! Romantic, outgoing, feminine, beauty looking for passionate attentive male who will make me feel special. Tel No: 0906 515 4456 Box No: 432671

**LADY**, seeking a trustworthy, charismatic, sensitive, attractive, semi retired or retired affluent man, who knows how to treat this attractive, independent woman, who has lots of free time on her hands to spend with the right person. If you feel like you could be my soul mate then get back to me. Tel No: 0906 515 4456 Box No: 432131

**KERRY**, professional lady, own house, car etc. Well groomed and educated. I am just missing that special someone. I am 42yrs but do love the company of an older gentleman. Text Only. Box: 4000471

**male seeking**

**PAUL**, early 50s, single, 6ft, attractive male, OHAC, seeking single, mature woman, 70s, for fun and friendship. Tel No: 0906 515 4456 Box No: 426373

**SIMON**, 59yrs, widower. Own business & very successful except finding that special lady. Age/looks unimportant but must be loving & loyal. Let me spoil you. Text Only. Box: 4153755

**FIT**, active, N/S male, 74, with many and varied interests, W/LTM slimmish, warm, caring lady, 65-70, living within 10 miles of Hornchurch/Upminster. Tel No: 0906 515 4456 Box No: 432817

**JIM**, builder, 48, tall, good looking, kind hearted, GSOH, easygoing, kind and considerate, into pubs, clubs, live music, sports, outdoor pursuits like walking, mountain biking and rock climbing. W/LTM a loving female. Tel No: 0906 515 4456 Box No: 432437

**SHY** male, 43, 5ft8, brown hair, hazel eyes, looking for a slim, fit woman, 18-28, for fun, possible relationship. Tel No: 0906 515 4456 Box No: 432677

**GERRY**, good looking black guy, 45, married, looking for a white married lady of similar age, for texting fun and laughter and possible occasional meets. Please get in contact you won't be disappointed. Tel No: 0906 515 4456 Box No: 432327

**gay seeking**

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**MALE**, 70, bi-sexual, N/S, wishes to meet a similar male, for fun and friendship. ACA. Tel No: 0906 515 4456 Box No: 432317

**TREVOR**, 29yrs & bi curious. Text Only. Box 4159305

**MIKE**, bisexual guy, 58, 5ft8, blue eyes, dark hair going grey, looking for a very mature, experienced, assertive guy. Any age and the more mature the better. Discretion needed. Tel No: 0906 515 4456 Box No: 432813

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Harlow Boxing Club's Tommy Rogerson with coaches Paul Allen and Steve Andrews

# Rogerson lifts national title

## TEEN WINS THRILLING BOUT ON SPLIT DECISION

PROVING he packs a very powerful punch, 16-year-old Harlow Boxing Club fighter Tommy Rogerson has been crowned National Development champion.

The teenager overcame Guy Kitching in a thrilling U70kg final at the Spiceball Leisure Centre in Banbury, Oxfordshire on Saturday.

Both boxers gave their all in a bid to take the honours in a no-holds-barred battle, and a hard fought contest had the audience up from their seats.

The final round was the pick of the bunch with Rogerson landing a salvo of punishing body shots to the Yorkshire champion's torso.

There was little to choose between the two fighters, and the judges scored it as narrow split decision in favour of the Harlow pugilist.

"Tommy was overwhelmed with emotion when the decision was announced," said his joint coach Paul Allen. "He's fought some hard contests to get to this stage, and is an exciting prospect."

"We would like to thank sponsors Happy Moves who have assisted with the extensive outlay needed for kit and transportation costs over the past month."

Rogerson, who is a student at Harlow College, showed great character to bounce back to the top again as he

lost in last year's final. He is the Eastern Counties champion and trains at the Ladyshot-based Harlow club under senior coaches Steve Andrews and Allen.

To reach the final, Rogerson had two excellent results in the previous rounds. In the semi-finals, at the Oasis Leisure Centre in Swindon, he defeated the awkward opponent Sohail Kha (Aylesbury), also representing the Home Counties, in an all action bout with a majority split decision.

Previously, he had a close and very tough three rounds split decision victory in the quarter-finals over London's Kyran Humphries.

## Hawks secure a first victory in five matches

HARLOW Town clawed back a two goal deficit to beat Whitehawk 3-2 and progress to the FA Trophy second round qualifying, banking £3,250 in prize money.

The Hawks put their league woes behind them to net three second half goals on Saturday and secure a tie at Carshalton Athletic.

Manager Danny Chapman named all four of his new signings in the matchday squad, with Matt Foy and Tom Hitchcock leading the attack in the starting line-up and Bill Plumpton and Mayowa Adaje on the bench.

The hosts went ahead midway through the first half through Anesu Sisimayi, and it looked as

though Harlow would struggle again as they failed to create significant chances.

Chapman changed things up in the second half, bringing striker Emile Acquah on for defender JJ Da Cruz and moving to a 3-4-3 formation, and it paid dividends immediately. The equaliser came in the 66th minute. Whitehawk goalkeeper Melvin Minter was unable to hold onto the ball and Hitchcock pounced on the rebound from close range.

The hosts reacted quickly and almost went ahead again a minute later, but the goal was ruled out for offside.

Harlow went ahead in the 70th

minute. Hitchcock's shot deflected to Nathan Koranteng who scored.

With six minutes of normal time to go, Harlow seemed to have wrapped up the game.

A neat ball over the top of the Whitehawk defence from Louis Yuill was met by Acquah, who evaded a defender before finishing well to open up a two goal cushion.

Whitehawk weren't finished yet, though, and they reduced the deficit to one just two minutes later.

A cross was played in to the back post, and Ed Sanders slid into turn it home. However, Harlow Town saw out the remainder of the game to secure their first win in five matches.

## Cricket club hold end of season awards

WHILE Harlow Cricket Club may not have the best of seasons there were still plenty of outstanding performances to celebrate at its senior presentations.

Of the club's four senior teams only the third XI managed to retain their position in the Shepherd Neame Essex League.

However, the club took solace in the progress of many of the Colts into the higher teams, and the encouragement and support from more experienced players which brought out the best in them all.

Awards were made to U18 Max Baulcomb and U21 Callum Sykes, both of whom had remarkable seasons.

Max joined the club's colts when he was five years old and this year played games across the teams including making his first XI debut, while Callum cemented his place in the first XI, just being pipped at the post in the number of wickets (28) taken by Nicky Baxter (29).

Teenager Matthew Hart has been turning out for the fifth XI, the club's development team, who ply their trade in the Herts and Essex Cricket League.

The 15-year-old is an outstanding all rounder taking 15 wickets in the 11 matches he played and scoring 349 runs.

Rizwan Qayyam collected the fourth team award with 314 runs and five catches, while Amir Farouk, the third winner, ended the season with 53 wickets including five five-wicket hauls.

With 17 league wickets Waheed Azam picked up the second team award, and also showed his all rounder capabilities with a best score of 81 not out against Chingford.

In what will be his last season at the club before moving to Canada, Nicky Baxter received the first team award, finishing the season as top wicket taker (29) and second highest run scorer (407).

Clubman of the Year was shared by three people - social secretary Tracy Sykes, and Russ Davies and Christine Baxter for their work in supporting the fifth XI.

A final award was made to club chairman Simon Radbourne for his behind the scenes work.



Harlow Cricket Club's Nicky Baxter receives the first XI award

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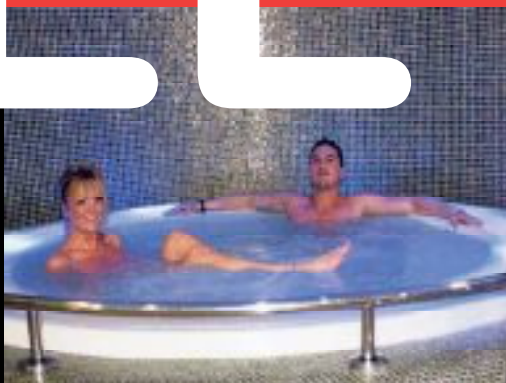
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# WONDER WOOL



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## Many SMEs do not have sufficient insurance

**UNDERINSURANCE** within small-to-medium-sized enterprises (SME's) has been identified as a major client concern.

One insurer, a leading UK brand has claimed that as many of 22% of SME's were found to be underinsured where the claim amount exceeded £5000.

There was new legislation introduced in 2016 under the "Insurance Act 2015" meaning that insurers could no longer refuse claims if the customer has made a fair presentation of their risk to the best of their knowledge, however it still doesn't resolve the issue of under-insurance, particularly in the event of a self-service policy.

Many insurers use a calculation called "average", meaning that if you were found to have underinsured a risk, by say 20%, then they would underpay the claim by the same amount, regardless of the sum insured or claimed.

A number of insurers have now removed their average clauses, however the onus is still on the client to ensure that sums insured accurately reflect the risk. Some insurers have started recalculating your premium in the event of under insurance and charge you the difference prior to any settlement of claim.

All of this is very reactive and causes extra stress and strain at a point when you need it least, at the time of a claim.

Become pro-active, take time to review your insurance risk at least once a year, on or around renewal. Think about any changes to your business in the past twelve months or any planned changes in the next twelve months and engage your broker.

I understand that many small business owners are time precious, however I urge you all not to just roll over your existing terms year on year, engage your broker and avoid disappointment at a later date.

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James says he was able to open his own distillery thanks to a change in the law. Right, the company designs its own bottles too



# Sitting pretty: James to cash in on gin craze

By **CHARLOTTE PAGE**

[charlotte.page@reachplc.com](mailto:charlotte.page@reachplc.com)  
[www.journopage.com](http://www.journopage.com)

**G**IN has significantly increased in popularity in recent years and is bringing a rise to the number of distilleries operating across the country.

Figures published by the Wine and Spirit Trade Association (WSTA) show that a total of 315 distilleries are currently operational in the UK - with 49 opening in the last year alone.

This data, provided by HMRC, also shows that there are now double the number of gin distilleries than there were five years ago.

Among these are One Time Gin, who recently moved their distillery from Bishop's Stortford to Colliers End in Ware.

Founder James Grant said he was able to open his distillery thanks to a change in law in 2007 that allowed smaller distilleries to exist.

"Before that, a law introduced in 1751 banned any distilleries existing that had a still with a capacity smaller than 1,800 litres," he said.

"This was to try and end the illicit

gin trade in London. That law was petitioned against in the early 2000's as outdated and was eventually repealed, opening the doors for people to apply for a distillery licence with much smaller stills, thus reducing the barrier to entry for people looking to start a spirits business.

"In our distillery, the main still is 200 litres, therefore before the law change we wouldn't have been able to start up as we did.

"Since the law change, lots of smaller distilleries have emerged ultimately, making the category much more interesting, which has fuelled the growth of gin and the craft spirits movement in general."

Before starting his gin company James worked at a gin distillery in East London where he learnt to make gin and the creative process of forming a recipe from scratch.

"I generally learnt a lot about how

to create really good quality spirits from a super experienced team," he continued.

"Before that I had worked as a cocktail bartender in high-end bars all over the world and had a wealth of knowledge about how to mix drinks and how to get the most out

of spirits, that really formed my ideas about what people actually want to drink."

With Christmas fast approaching the popularity in gin shows no signs of stopping, with new products launching in time for the festive season.

James continued:

"Christmas is coming and we're really really busy.

"We are just about to launch our brand new Hertfordshire Dry Gin which is the first product made end to end in the new distillery.

"We already have a range of six products which are sold all over the place so they have been keeping us busy through the transition from

Bishop's Stortford to our new site in Colliers End.

"The new Hertfordshire Dry Gin is very much a classic gin and includes as much as possible ingredients sourced from within our county."

Branch leader of the Federation of Small Businesses in Hertfordshire, Pam Charman, said the rise in distilleries in and around the area supports Hertfordshire's food and drink heritage - more so when local ingredients are used.

She said: "It is great to see that the entrepreneurial spirit is alive and well in Hertfordshire with start-up businesses taking advantage of the trend for quality gins.

"It is great to see that our consumers are enjoying prestige, niche products, which have been produced locally from the best quality ingredients, rather than something that is mass produced and bland.

"We hope that it will continue to grow with more people taking the brave and exciting step of starting their own small business, supporting the great food and drink heritage that we have here in Hertfordshire."

Lots of smaller distilleries have emerged and the category is now much more interesting

James Grant



# Another year of growth on cards?

INITIAL indications suggest another year of growth is on the cards for the county's 100 leading businesses ahead of the official release of the Essex Limited 2018 study findings by financial and business advisers Grant Thornton, in partnership with law firm Birketts LLP.

The annual Essex Limited report offers an in-depth financial analysis of the 100 largest companies which are owned and managed within the county to provide a recognised barometer of the overall health of the Essex economy.

The 2018 findings will be presented during a breakfast briefing on Tuesday, November 20, at Stock Brook Country Club in Stock, with all signs pointing to another strong set of results.

Trevor Ling of Grant Thornton's Chelmsford office, said: "While Essex businesses have not been immune to the challenging political and economic environment, they have a proven resilience, driven by a

strong entrepreneurial spirit and dynamic, agile approach to business.

"Deal activity across the county remains extremely buoyant with the high level of quality, owner managed business proving a strong draw for overseas and private equity investment alike.

"The county is also home to two international airports, one of the world's largest container ports and excellent road and rail links, providing a superb backdrop for business.

"We anticipate this strength will translate to another robust performance for Essex Limited in 2018."

Adam Jones, partner at Birketts'

Chelmsford office, added: "Last year's report showed strong growth for the county's largest businesses and we see no evidence to suggest this upward trend will not continue for 2018.

"In our experience Essex is flying right now no matter the size of the business, spurred on by the county's diverse range of innovative, progressive mid-market companies who make a vital contribution to the

thriving local economy we see today. It will be valuable to see how the county's businesses have performed over the past 12 months and how well placed they are to move ahead as the UK officially exits the EU."

## CHANCE TO JUDGE HOW READY FIRMS ARE FOR BREXIT



Adam Jones and Rafael Ruiz, partners at Birketts LLP, with Trevor Ling and Graham Mummery of Grant Thornton's Chelmsford office

## THIS NOVEMBER SEES THE 100TH ANNIVERSARY OF THE END TO ONE OF THE BLOODIEST CONFLICTS IN HUMAN HISTORY, WORLD WAR I

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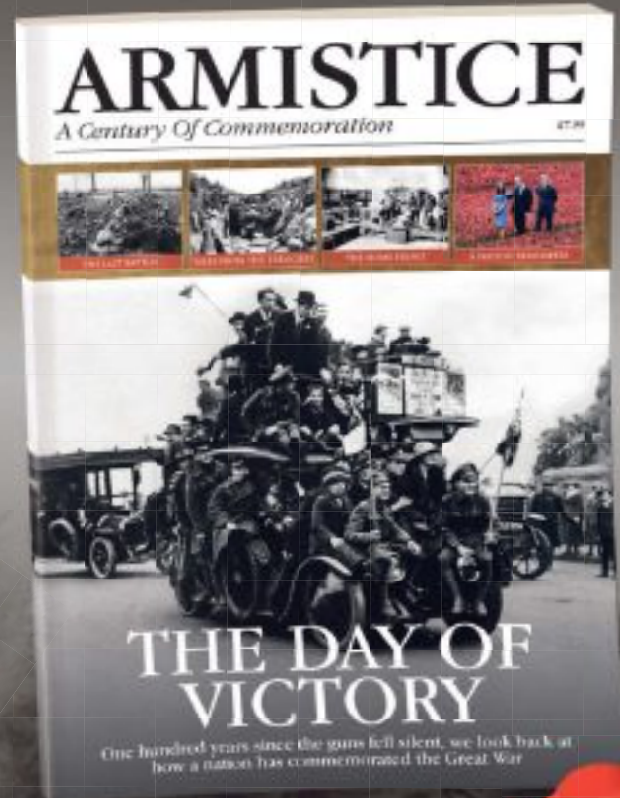
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## BUSINESS

Birketts' Partner  
Rafael Ruiz

## Law firm has three chances to win

LAW firm Birketts has been short-listed in three categories for this year's Central & East Dealmakers Awards.

The annual awards, hosted by Insider Media Limited, recognise the high quality professional advisory firms in the region involved in corporate M&A transactions. This year, Birketts has been independently shortlisted for 'Deal of the Year (above £10m)', 'Deal of the Year (under £10m)' and 'Corporate Law Firm of the Year' – all of the categories that are open to law firms.

Rafael Ruiz, Partner and Head of Birketts' Corporate and Commercial Team in Chelmsford commented: "We are thrilled to be shortlisted once again for these prestigious awards. Having won 'Corporate Law Firm of the Year' in both 2014 and 2016, recognition from these awards is a great testament to all the hard work and dedication put in by our teams across the firm's four offices, and recognises our position as the leading corporate law firm in the Central and Eastern regions of the UK."

Rafael was the lead partner working on the acquisition of Servest by Paris-based international facilities management provider, Atalian. The acquisition, which included £457 million for Servest and £83 million for its investment in Getronics (an international ICT company), and created a 3 billion Euro turnover company, has placed Birketts in the running to win 'Deal of the Year (above £10m)'. Rafael continued, "The size and complexity of this transaction, together with challenging timeframes and the number of jurisdictions involved, meant that it was a real team effort. Our work on this deal shows that we have the depth and breadth of resources, skill and experience, to handle the most complex of cross-border M&A transactions."

# Victory for quay restricted by fence in village green row

**'SENSIBLE ENCOURAGEMENT AND INFORMED JUDGMENT' FROM BIRKETTS HELPS MISTLEY, NEAR MANNINGTREE, WIN COURT BATTLE**

**M**ISTLEY residents are celebrating after the Court of Appeal handed down its judgment in the Mistley Quay village green case. The decision ensures that an area of waterfront remains classified as a village green and so available for the recreational use of the inhabitants of the area.

The application for registration as a village green was first prompted by the action of the port owners, TW Logistics, in erecting Heras fencing along the edge of the quay in 2008. This led locals to bring a challenge to the attempt by the port owners to exclude them from enjoying and accessing the quay, a custom that had gone back centuries.

The quay has sweeping views over the estuary of the River Stour and is a focal point for village life. The Court of Appeal judgment represents a hard-won victory for campaigners.

Birketts' Partner Nigel Farthing was instrumental in the application for registration of the quay as a village green in 2015, representing the Applicant Ian Tucker at an eight day public inquiry to determine the issue of registration. However,



Birketts' Partner and Solicitor Advocate Richard Eaton

as soon as it was registered the port owners lodge a High Court challenge seeking the removal of the quay from the register of town and village greens.

The challenge culminated in a trial in the High Court in July 2016, this time with Birketts' Partner and Solicitor Advocate Richard Eaton successfully defending the case for continued village green registration.

The latest development saw the port challenge the High Court judgment in the Court of Appeal. The appeal was brought on several grounds; some highly technical. One of the primary arguments advanced for the port was that the

The swans in Mistley, which is on the River Stour  
BOB JONES (CC-BY-SA/2.0)

consequence of registration would be to deny the port owners lawful ongoing use of the quayside.

The argument went that that laws protecting village greens would lead the port to commit criminal

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A fence was erected on the waterfront in Mistley in 2008  
ROBIN WEBSTER (CC-BY-SA/2.0)

offences for using it, and in such circumstances registration ought not to be permitted.

The Court of Appeal rejected this argument finding the fears of committing offences from ordinary port use were unfounded.

Once again the courts have upheld the status of Mistley as a village green. Richard Eaton and Richard Wald (counsel from 39 Essex Chambers) acted as advocates for Ian Tucker (the original village green applicant) representing the interests of the local inhabitants.

Simon Bullimore, chairman of the Mistley Free the Quay group that has supported the village green registration, added: "We are grateful to Birketts for their legal advice and support throughout this dispute."

"The decision recognises the important role that spaces such as Mistley Quay play in the recreational and leisure pursuits so important to the lives of people who live in the area."

"Without the sensible encouragement and informed judgment of Nigel Farthing and



The decision recognises the important role that spaces such as Mistley Quay play in the recreational and leisure pursuits of people who live in the area

Simon Bullimore, chairman of the Mistley Free the Quay group

Richard Eaton I doubt that we would have had the will to continue our fight in the High Court."

Richard Eaton concluded:

"Mistley is a working port and a key issue in the litigation has been the examination of how the law treats the co-existing interests of the landowner and the inhabitants."

"The decision sheds valuable light on the post registration rights of each, and how they can continue with sensible give and take and common sense."

# Have a plan in place to protect your great idea

Dean McCormack, who has been promoted to Associate at Rickard Luckin, provides advice on how to future-proof your business

**W**HETHER you've got a big idea that you can't wait to unleash on the world, or you're a little further down the line and want to build on early success, the importance of having firm and sensible plans in place really can't be overstated.

You may have heard the old adage, "failing to plan is planning to fail" – perhaps a few too many times! However, it's a saying that really does hold true in business.

Our Small Business Unit team speaks regularly with people who are clearly enthusiastic about what they do and are fantastic at doing it. Yet often, they have failed to think properly about the best way to future-proof their business, and maximise the profits they are making.

## Plans, plans, plans

Would you build a house without plans to work from? Or would you drive to an unknown destination without a planned route? I would suggest that the answer to both of these questions is no, and the same principle should apply to your businesses.

New business owners should always have a plan in place from the outset, with targets for at least the first three years. Growing businesses, meanwhile, should ensure that they are regularly forecasting and tracking the effects of any strategies for expansion.

Often, the very thought of creating a business plan will strike fear into a business owner – visions of glossy dossiers with pages and pages of financial information spring to mind! These visions can see the very idea of planning fall to the bottom of a business to-do list, in favour of more exciting tasks.

However, the biggest myth when it comes to business plans is that they have to be long, complicated and filled with jargon. In fact, the best business plans are often just a few pages long, as they only include the most important information.

## So what should be included in a standard business plan?

The first step is to focus on income. It is important to set realistic and achievable sales targets for at least the next twelve months. These targets need to take any seasonal fluctuations into account,



Dean McCormack

so that the sales profile can be accurate for the whole year. Often, subsequent sales targets can then be based on those detailed targets set for the first year, perhaps with percentage increases built in to reflect expected upturns in sales.

Once sales targets are in place, the next step is to build in the direct costs you will incur in delivering the expected sales. The nature and level of these costs will differ depending on your industry – for example, a service industry will have very few direct costs, whereas a business that buys and sells goods will have more sales costs.

Such costs may include the purchase of goods and materials, delivery and distribution costs, or direct labour costs for example. Once these are deducted from the forecasted sales, you will be left with the expected gross profit.

The final step in a basic financial business plan is to think about additional overhead costs. Again, these will vary from business to business, but may include rent, telephone and internet, professional fees, administrative salaries, training, or client and staff entertainment. These costs will be deducted from the gross profit to give an expected net, or 'bottom line', profit.

So there you have it – a simple, three-step process that will provide a basic and robust plan to help your business as it grows.

Of course, the plan could later be expanded to include other useful reports, such as how cash flowing through the business may differ from expected profits made, or the calculation of break even points (the value of sale required to cover the costs a business is committed

to). However, the process described above will be enough for most businesses.

## What next?

Is there any point in preparing a robust business plan, and then filing it away, never to be seen again?

I previously used the analogy of a long car journey, with good reason. No matter how well we've planned our journey, if we run into traffic, our first thought is to look for alternative routes that will see us arriving at our destination in good time.

By regularly comparing actual results to those included in the business plan, upcoming challenges can be viewed more clearly and much earlier, allowing for informed decision-making that will reduce the impact of those challenges (or stay ahead of the traffic, as it were!)

A business plan may also provide invaluable information for business growth opportunities. Often, such opportunities will require external funding, and the plan can be updated to reflect any expected impact. It can then be used to demonstrate to external funders, such as banks or venture capitalists, why financing your business would also be a great opportunity for them.

Having an idea of expected profits also allows for a plethora of other decisions to be made and actions to be taken. For example, it can help calculate a sustainable level of dividends in an owner-managed company, or help identify how much cash you should be putting aside as a provision against tax liabilities.

## The best laid plans...

Even the best initial planning does not necessarily lead to success, and so it is important to revisit business plans periodically, to ensure that they are still realistic.

The use of accounting software packages to maintain up-to-date information allows for regular planning reviews, meaning that you should always have a good idea of where your business is heading. This can significantly reduce the likelihood of any unwanted surprises.

Finally, a business plan should not be too onerous to prepare, and I am a firm believer that the time invested in preparing one will pay back several times over.

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# BUSINESS

## How bosses should treat harrasment in the workplace

Abigail Hubert, a solicitor in Birketts' employment team, says the Equality Act should offer some protection

**T**HERE is no doubt that we have all heard about the #metoo movement that went viral in October 2017, with millions of women coming forward to share their stories of harassment in the workplace. However, the question still remains: how should employers deal with harassment in the workplace?

The Equality Act provides individuals with protection against harassment. Harassment covers creating a degrading, humiliating, intimidating, hostile or offensive environment linked to various characteristics including sex, race and disability. Employers have to take steps to afford this protection in the workplace, and strive to create an environment where employees understand that any form of harassment is unacceptable.

Ideally, businesses should aim to stop incidents of harassment before they occur. Key steps could include:

- Creating a clear and comprehensible Anti-Bullying and Harassment Policy which sets out what constitutes legal harassment and plainly states that harassment is not tolerated. It should be clear that harassment will be treated as a disciplinary offence with the consequences of such behaviour set out in the policy. It is important that this policy is communicated to all staff, fairly enforced and reviewed to



Abigail Hubert

ensure that it is kept up-to-date.

- Employees should be provided with equal opportunities and diversity training which should include examples of harassment and unacceptable behaviour.

- Reporting any behaviour that an employee believes to be harassment should be encouraged and there should be a simple process for doing so included in the handbook and discussed at the training.

- Where there is any complaint of harassment a fair process should be followed which includes a prompt investigation.

- Ensure that support is provided to the complainant and reassure them that allegations are being dealt with.

- If you have any employment queries please do not hesitate to contact Abigail Hubert on 01245 211320 or via [abigail-hubert@birketts.co.uk](mailto:abigail-hubert@birketts.co.uk) in the first instance.

## Abigail unwinds by doing yoga

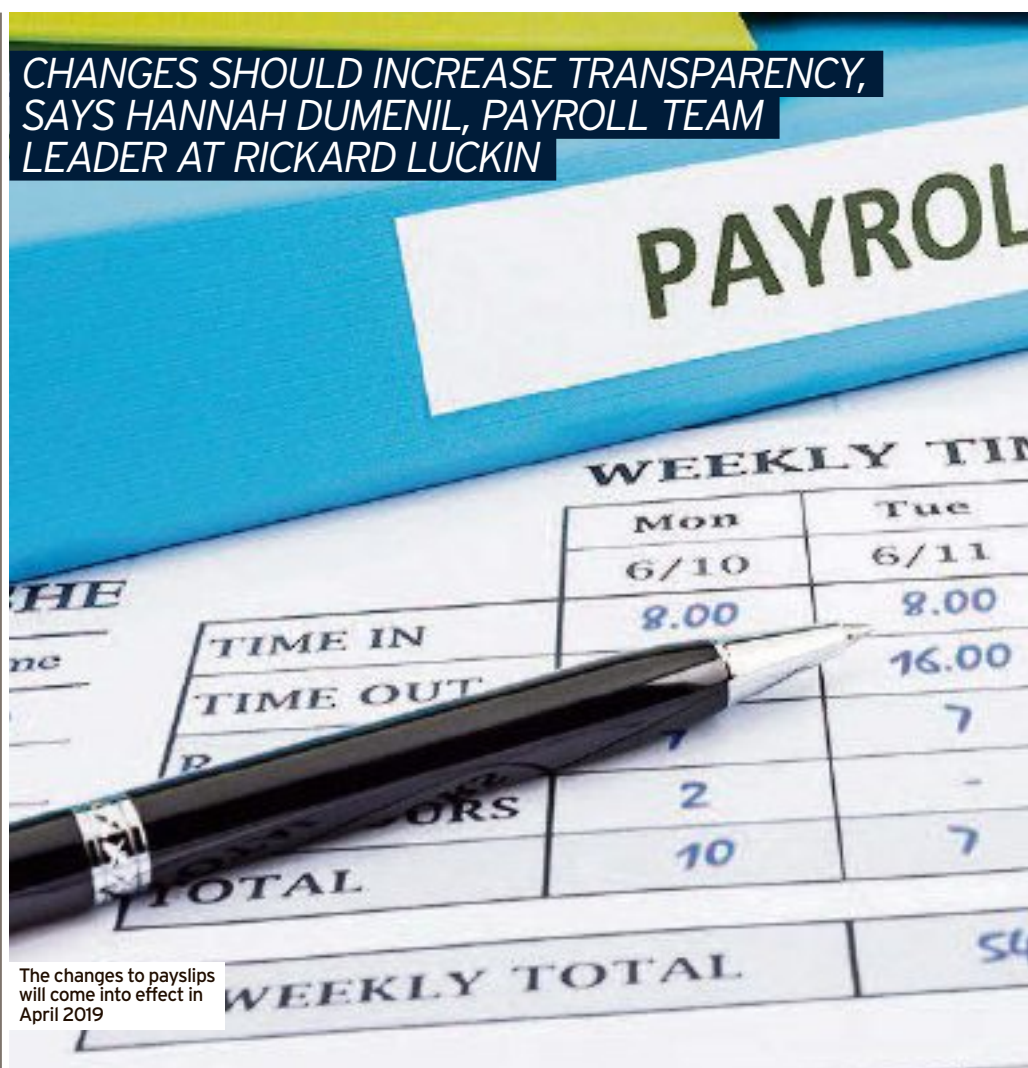
ABIGAIL Hubert is a solicitor in the Employment Team at Birketts. Abigail is new to the firm and wanted to introduce herself in The Business. Abigail advises both employers and employees and is currently working on a range of contentious and non-contentious employment issues.

1. What do you do to relax? Yoga.
2. What's your favourite thing about Essex? I have lived in Chelmsford my whole life so I love having my family and friends nearby. It is also great being so close to London for the shopping.
3. Most listened to track on your iPod? Sia - Unstoppable.
4. Name one thing on your "bucket list": Visit Angkor Wat.

### ■ 5. Name your three fantasy dinner guests: Walt Disney, Katherine Johnson and David Attenborough.

6. Favourite meal? Pizza/Pasta... basically anything Italian.
7. Favourite TV show? Power.
8. Favourite film? About Time/American Sniper.
9. City centre or country escape? City centre.
10. Early bird or night owl? Night owl.
11. Dancing or singing? Dancing.
12. Ballgown or dress down Friday? Dress down Friday.
13. If you hadn't been a lawyer, you'd have been... Travel blogger (I wish)!

CHANGES SHOULD INCREASE TRANSPARENCY, SAYS HANNAH DUMENIL, PAYROLL TEAM LEADER AT RICKARD LUCKIN



The changes to payslips will come into effect in April 2019

## Make sure you when it comes

**A**PRIL 6, 2019 will herald changes to the way in which many companies produce their payslips, particularly if they employ workers whose pay regularly fluctuates depending on the amount of hours they work, such as retail staff.

An amendment to the Employment Rights Act 1996, which was originally brought to Parliament in February this year as an Itemised Pay Statement Order, means that employers will soon have to itemise payslips for employees who work varied hours.

Employers will be required to show the following information

on individual payslips:

- The number of hours the employee is being paid for, and either:

- The combined number of hours worked for which payment is made, or
- Itemised figures that show different types of work and/or different rates of pay (such as overtime or night shift work).

### Why are payslips changing?

These changes are aimed to

increase transparency for both employers and employees.

Staff will be able to match what they are being paid with time they have worked

Hannah Dumenil

As we have seen in the press over recent years, issues have been raised in various industries regarding the potential underpayment of staff, whether under the original contract of employment, or according to the National Minimum or Living Wage.

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# don't slip up to payslips

The new legislation therefore extends to those with worker status as well as employee status, as both are legally entitled to be paid the National Minimum Wage.

From their newly-itemised payslips, staff will be able to better identify exactly what they are being paid, and how it matches with the time they have actually worked.

The consequences of not providing a compliant payslip from April 6, 2019 mean that employers and workers alike will be able to apply to a Tribunal and potentially receive compensation.

## How should employers prepare for the changes?

Bear in mind that there could be some more administration involved than usual, particularly for employers who do not currently issue payslips to those with worker status. Regardless, companies should begin with a formal review of their current payroll processes, ensuring that they are able to adjust their processes to gather the new information required.

They should also ensure that their HR and/or payroll team is fully briefed on the changes.

Ideally, employers should amend the format of their payslips well

before the new legislation comes into force, so that any mistakes or oversights can be corrected in good time.

Rickard Luckin provides a range of comprehensive, confidential and fully compliant payroll services, managed by a qualified team. We are able to assist with payroll reviews and audits, and our services are completely bespoke, to effectively meet the needs of your business.

■ If you would like to discuss the upcoming changes in further detail, or arrange an informal appointment to discuss our payroll services, please get in touch.

# Firms will have to go digital in all things VAT

Kevin Thomas, Rickard Luckin's Tax Director, says get ready for a digital revolution in tax

**T**HE digital tax revolution is about to begin, with Making Tax Digital for VAT (MTD) coming into force on April 1, 2019. How confident are you that your business will be MTD-ready?

From next April, businesses with a turnover of more than £85,000 will be required to keep digital VAT records, and submit their VAT return information to HMRC using MTD-compatible software, instead of the portal used presently.

This will be a big upheaval for many businesses, particularly as some still rely on manual bookkeeping records, spreadsheets, or outdated software. However, action needs to be taken now, as time is of the essence. Start by considering how MTD is likely to change your current processes. Is your accounting software MTD-compatible? If not, how will you ensure that it is updated and ready in time?

The majority of VAT-registered businesses already file their quarterly returns online, and HMRC plan to build on this by integrating digital record-keeping with quarterly reporting. This should enable businesses to generate quarterly updates along with their VAT returns, all of which will be sent directly from their chosen software.

However, if your business still submits paper returns, then it is important that your company records are being held digitally, ready for online reporting from April 2019.

For any businesses that are voluntarily VAT-registered, i.e. they operate below the VAT threshold,



Kevin Thomas

digital reporting from April 2019 is not mandatory but they can choose to implement the process.

HMRC will be working closely with the software industry to ensure the successful implementation of Making Tax Digital. We would recommend that action is taken to ensure that all accounting records are held in one of the following formats, even if you are not VAT-registered or your business operates below the VAT threshold:

- Accounting software, such as Sage or a bespoke programme
- Online cloud accounting software, such as Xero or Sage One
- Excel spreadsheets

Rickard Luckin has an expert cloud accounting team, who can review your current records and the options available to you if your business is not already fully digital. We can also provide training on most accounting software including Xero, Sage and QuickBooks, as well as assisting with the process of transferring existing data from your manual records. For further information or enquiries, please contact us.

## Birketts business conference

- **Event:** East Anglia Family Business Forum 2018
  - **Venue:** Newmarket Racecourse
  - **Date:** Wednesday, November 14
  - **Time:** 9am-3.30pm
- Birketts are proud to be sponsoring The East Anglia Family Business Forum.

This conference seeks not only to bring the family business together but also provides a great

opportunity to discuss some of the unique challenges facing family firms and to hear insights from other family business people and their advisers who have already dealt with some of these challenges too.

■ **Costs:** £24.88 - £191.02

■ **For more information and to book:** Visit [www.birketts.co.uk/events](http://www.birketts.co.uk/events)

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## BUSINESS



Adam Jones

## Law firm helps to secure £9m deal

TOP 100 law firm Birketts has helped secure a £9m investment for Ventrica from Mobeus Equity Partners.

Founded in 2010 by Dino Forte, Southend-based Ventrica is an award-winning outsourced contact centre, which provides intelligent, multilingual and omni-channel outsourced customer service to a range of blue-chip clients.

Birketts has advised Ventrica and its owner, Dino Forte, since its beginnings. Over the years Ventrica has become a key employer in Southend and in 2017 the company launched a second site in the town. With support from Mobeus, the company plans further investment to expand its footprint in the UK and Europe to support its growing multilingual client base that serves customers across global markets.

In relation to the recent investment, Birketts advised Ventrica and Dino Forte on all legal matters. Adam Jones (Corporate Partner) led the team which included Alex Forwood (Corporate), Ozan Zorba (Corporate), Clare Barlow (Employment), Matthew Grindley (Property), Karl Pocock (Corporate Tax) and John Kahn (Corporate Tax).

Dino Forte, Ventrica CEO, said: "Throughout the process Birketts has demonstrated a clear understanding of our business and their market knowledge showed. They have been invaluable in helping to secure investment from the right PE house in order to realise our ambitions, with their PE experience giving me confidence in negotiating the terms. With Mobeus as a partner, we are well positioned to strengthen our team to support our significant growth whilst also allowing us to better focus on our existing clients."

Adam Jones said: "Given our long and continuing history with Ventrica we were delighted to spot this opportunity for Dino."

# May your days be merry and bright with this advice

**Glyn Mummery**, specialist business advisor and insolvency expert at FRP Advisory LLP in Brentwood, outlines several ways firms in Essex can maintain a competitive edge during the festive season and avoid financial pressure.

**A**S we approach the start of November, our hottest summer in recent years is now a distant memory and we're firmly in the winter season.

So much so that we'll start to see Santa's grottos opening their doors, Christmas illuminations and 'German markets' popping up in our towns.

Christmas is always a busy time and consumer spending levels naturally start to spike.

In the last three months of 2017, household spend increased by 0.3% on the previous quarter.

It's a time of year when people are spending more, but amid all the festivities it's still important for management teams to take stock and plan for the year ahead.

## Take stock and plan first

**BEFORE** winding down and enjoying the festive season, it's important for business owners to use the last few weeks of the year to reflect on the 12 months that have passed. Create a checklist of everything you need to tie up before the calendar year draws to a close and evaluate successes and failures. For professional services firms, such as architects or law firms, the last few weeks of the year are often quieter - at least for those without a December year end. This is when management teams should be finalising 2019 plans and their business strategy for the year ahead.

Also remember to take account of the December fluctuations you may experience, such as bad

weather or staff shortages. For some, like those in the retail, events or hospitality sectors, it's often a jam-packed few weeks. This uplift in activity needs to be factored into financial planning, too - ensuring cash isn't tied up and can be used to spend on higher levels of stock, staffing levels or events.

But December can also be a strain. Paying staff through quieter periods and navigating issues like delayed payments can mean money is tight.

If a business isn't in a good place financially, the Christmas period can be the tipping point. It's important managers seek advice early on and use tools, such as invoice financing, to help bridge payment gaps.



Christmas is a busy time for the retail sector

## Make most of festive season

**TAPPING** into a calendar moment can help to drive sales. Christmas is the prime time to do this, and it's not just those selling directly to consumers who can benefit. Those operating in other sectors can also use the period as a time to take stock and look to the year ahead.

It's a time firms should look to upsell. Creative firms, such as marketing and advertising agencies, should upsell support for clients that want to proactively showcase Christmas credentials, campaigns or initiatives. This time of year can offer a whole realm of new business opportunities, so it's important management spot the right sort of projects for their business proposition. This includes being able to deliver on promised work whilst knowing you are going to get paid by the prospective or existing customer. Scoping out potential clients' financials and doing thorough due diligence is essential before onboarding, to ensure your own company doesn't fall short by late or, worse, no payments.

Professional service and creative

firms aren't the only ones exposed to shortfall. In the 12-month period to August 2018 alone, 28 UK retailers, 2,085 sites and almost 40,000 employees were recorded as being affected by an administration process. More than ever, retailers need to be proactive to win customers over and highlight their USPs to stand out amidst floods of competition. And, if retailers have one opportunity to do this, it would be Christmas when consumers are gift buying, stocking fridges with feasts and dining out more frequently with friends and family.

Shop owners can make the most of this by keeping shelves stocked with best-sellers, increasing opening hours so individuals can shop around working hours, and consider using ecommerce as another selling channel. Bricks and mortar certainly isn't dead, with roughly 85-90% of shopping taking place in store, but having a virtual and physical presence gives the buyer the convenience they want, and encourages around the clock spending.

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## Get out there and network

WE all know that getting out and about networking is part and parcel of working life and is a crucial way of building relationships. Sometimes finding the time to do it is the tricky bit.

Making the most of the uplift in local or industry events over Christmas will ensure you're visible. The London-Essex UK Finance Corridor is a hub of business activity - but with this comes rife competition. It is essential for the firms operating here to stand out from the crowd and ensure they have a strong presence in the circles they operate in. Attend or organise social activities like festive networking, ringfence time to complete charity work or donate working hours to a good cause. It's often the only time of year businesses get to do this, so make the most of it.

Typically, professional services firms often wind down as we near the festive period - in contrast to retail, leisure and hospitality. So, investing this time in taking stock for the year ahead, finalising 2019 plans and getting out and about will put a firm in good stead for the upcoming months.

## WE BEAT THE THREE PEAKS

AFTER months of training a team of 11 from FRP Advisory's Brentwood office took part in a National Three Peaks Challenge last month, in aid of The Maddi Foundation. The challenge involved climbing three of the highest mountains across Scotland, England and Wales within a 24-hour period - and the team managed to complete it with six minutes to spare.

The trekkers raised a total of £11,925 for the charity, which supports medical research into Spastic Paraplegia Type 15 - a degenerative neuro disease, for which there is currently no cure or treatment.

## Get into the Christmas spirit and indulge staff

CHRISTMAS is a time for celebration and indulgence. So, use it as an opportunity to treat your customers and staff alike. Going the extra mile during the festive period can work wonders for goodwill and loyalty for the year ahead.

Use December as a time to drive employee engagement, whether that's more flexible working hours or festive outings for example.

The work-life balance can become more of a struggle for employees during the social season, so doing your bit to make their Christmas duties possible won't go unnoticed. It's also the time

to reward loyalties. A little extra financial boost at this time of the year doesn't go amiss by anyone, just make sure it's factored into cashflow forecasts well in advance.

For customers, consider hosting discounted or on-the-house strategic planning sessions for the year ahead. Identifying business priorities, and the services you can offer to help your customer attain these will give you extra 'brownie points'. Or, better still, it can open doors to new business opportunities.

A little extra financial boost at this time of the year doesn't go amiss by anyone

Glyn Mummery,  
FRP Advisory

# Birketts leads where others follow in awards

BIRKETTS has been recognised as Thought Leader in both Employment (UK) and Private Client (UK) at the first Lexology Awards, announced on October 3.

Additionally, Bernadette Baker (Legal Director, Dispute Resolution) and Liz Stevens (Professional Support Lawyer, Employment) have been recognised as Legal Influencers within their practice areas.

Relying on a bespoke automated process to analyse Lexology data, the Lexology Awards reward law firms which produce great legal content for their subscribers. At the end of each quarter, individual authors are recognised as Legal Influencers, and law firms or contributors as Thought Leaders.

Edward Costelloe, Managing Director of Lexology said: "Birketts has beaten off stiff competition to be recognised for their work. Being one of the first winners of the Lexology Awards is a great achievement."

"They have been carefully designed to recognise those authors and firms who consistently provide our subscribers with useful, insightful legal updates



Matthew Rowe

and we are delighted to recognise excellence in legal content today."

Matthew Rowe, Head of PR and Communications at Birketts, concluded: "We have invested heavily in our content management programme in recent years. The team produce a substantial number of legal articles that are published on our website and posted via our social media accounts each month. Additionally, we offer a large selection of newsletters throughout the year that people can receive for free via [www.birketts.co.uk/register](http://www.birketts.co.uk/register)."

## Travel

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## BUSINESS

# 'I fell in love with them, the way their eyes draw you in...'

By **HANNAH BROWN**hannah.brown@reachplc.com  
@essexlive

**T**HE UK has a long farming history, with the east of the country continuing to be a major part of this traditional industry.

However in recent years there has been an increase in the a farming industry that is not native to this country - alpaca farming.

Alpacas originate from the Altiplano (Spanish for high plain) in west-central South America.

They are closely related to llamas and according to the British Alpaca Society, it is believed that alpacas were domesticated from the wild species, vicuna and guanaco, over 6,000 years ago.

Alpacas were developed primarily as a fleece-producing animal, with their meat as a secondary product.

The Incas are known to have farmed alpacas, however alpaca fur didn't make it to the UK's marketplace until Sir Titus Salt introduced it around 1836.

Today there are many different alpaca breeders across the UK who are selling their different alpaca products to the public.

Here in Essex and Hertfordshire, there are a number of alpaca farmers who have fallen in love with the fluffy animal and are working hard to grow the industry in the area.

Harley Laver, 27, runs Churchfield Alpacas based in Latchingdon in Essex.

Starting six years ago with five alpacas, Ms Laver now has a herd of 80 animals.

"I just fell in love with them.



Alpacas originated in South America, but are becoming a common sight here too



Alpacas are prized for their wool

They need shearing once a year. What you get for the fleece depends on its quality

Alpaca farmer  
Harley Laver

It's the way they walk up to you and look at you, their eyes draw you in," Ms Laver explained.

"Originally I had five females, of which three were pregnant.

"We have gradually improved our herd over time and now have 80 alpacas."

Ms Laver explained that they shear the alpacas once a year. "They need shearing once a year. What you get for the fleece depends

on its quality," she said. "How fine the fibre is one of the things, but a big part depends on the colour, it's a lot easier to dye a white fleece than a black one, so you will get more money for a white fleece."

An alpaca fleece is made of a very dry fibre with minimum lanolin content, which means it does not need to be scoured and can be spun straight into yarn.

Alpaca fibre can be incredibly fine and is used to produce high quality luxury garments in both the woollen process for knitwear and weaving and in the worsted process for fine suits and materials.

Even though alpaca has increased in popularity, on a global scale alpaca fibre is still a niche market.

Emma Taylor, 53, owns the East Anglia Alpaca Mill, in Norfolk, and has been involved in alpaca farming in the East for 10 years.

"I have been looking after alpacas for almost 10 years. I decided to set up the mill after finding out that it was incredibly difficult to get alpaca fibre made into yarn," Ms Taylor explained.

**MORE AND MORE FARMERS ARE NOTICING THE CHARMS OF THE CURIOUS ALPACA**



"There were obstacles at every step of the way, whether it was to do with the colour or quantity.

"I found that if you had anything less than around 200 alpacas, then it was almost impossible to have their beautiful fleeces processed.

"So I decided to fill that gap in the market with the mill, using bespoke machinery designed specifically for alpaca fibre."

She added: "We don't dye the fibre here, we keep their natural colours.

"We are also an eco-friendly mill and we have opted for as many green aspects that we can, including rainwater harvesting, water recycling, green packaging and biodegradable products, are just some of the things we do."

Ms Taylor, who is also a director of the British Alpaca Society, and

a member of the eastern Alpaca Group, has seen how the alpaca industry in the East has grown.

"The alpaca industry in the East is huge," Ms Taylor explained.

"It's bigger than anyone might imagine, because the farms are often tucked away, as many farms in general are.

"Based on the number from when we last counted, I would say there are over 80 registered herds in the East and this doesn't include all the people who have two or three alpacas as pets."

Although the alpaca fleeces are the expected way to make money from the animal, there are other aspects of the alpaca industry that are not solely focused on their fleeces.

Spending time in the company of alpacas is also a thriving industry.



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Chartered Accountants and Tax Advisers

Harley Laver with  
one of her alpacas  
CHRIS COOK

Alpacas are highly sociable animals and are extremely intelligent, highly inquisitive and interact well with humans.

Because of this they can be trained to take part in walks, and are popular animals to visit on open farms.

Ms Laver explained that although they don't currently allow visitors to the farm, she is hoping to open up the gates in the new year.

"We do allow people to visit farm when we are there, but in the new year we planning to set up alpaca experience days," she said.

"At them people would get to learn everything alpaca and get hands on with them.

"We haven't been able to do it this year, because we moved the females to the other plot of land, so we wanted to get them settled."

At the farm they also sell bags of alpaca manure that people can use to put on plants and vegetables.

Unlike horse manure, alpaca manure can be put straight onto the plants.

Ms Laver's plans for the future of the farm are to continue to improve the quality of their alpacas and to one day have a high quality male stud carrying their farm's name.

"With stud services people will either come to us or we will take the stud to them and leave them with the female until they are pregnant,"

she said. "I would really like to have a high quality stud with the Churchfield name.

"Studs take the name of the farm they were born at, so one of the big things I would like in the future is to have an award-winning stud with the Churchfield name.

"But I think that's something every alpaca farm wants."

With alpacas becoming more popular among the general public, the industry appears set to continue to grow, helped by the dedicated and hard working alpaca farmers who love this intriguing animal.

The alpaca industry in the East is huge – it's bigger than anyone might imagine

Alpaca farmer  
Emma Taylor



Emma Smith gets  
close to one of her  
herd



A rosette-winning  
alpaca worthy of  
an award



These woolly  
creatures are  
becoming ever  
more popular



Alpaca goodies

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# Small firms offer hope ten years after banking crisis

By **ALASDAIR HOOPER**

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It has been a decade since the 2008 financial crisis had a huge impact on business, the economy and lives.

While the woes of big business and large corporations hogged much of the headlines, on a more personal level people found themselves struggling.

Many of those hardest hit ran their own businesses or were self-employed and all of a sudden they faced dark times.

But ten years on how are small businesses faring?

"They were always at the sharp end, small business," explained Michael Mealing, the East of England policy lead of the Federation of Small Businesses (FSB).

"You could describe them as bottom of the food chain but the majority of businesses actually are small businesses.

"It's small and medium size enterprises that employ 60 per cent of the private sector workforce.

"Obviously the big businesses tend to get the headlines but most of them have long supply chains.

"So in many ways small businesses are reflecting where the economy is and where it is going."

A decade on from the financial crisis, and baring in mind that the status of small business often reflects the health of the economy, Mr Mealing explained that the situation is actually promising.

"The small business landscape is bigger now," he said.

"Half of the new jobs that have been created in the last ten years have been generated by self-employment and things like that.

"We have over five million entities termed businesses - there is an argument as to whether a sole trader without employees is actually a business, they are an individual in business.

"You define business as anyone in business as opposed to an entity that employs people.

"So the small business sector has grown and that has contributed significantly to the amazingly high levels of employment that we have continued to enjoy and are still enjoying in a post-recession era."

He added: "Small businesses are fragile but in the UK we are close to



The woes of big business and large corporations hogged much of the headlines around the time of the crisis, but smaller firms were affected too  
LEON NEAL/GETTY IMAGES

having half a million new ones start every year. Sadly a good proportion of those do not last but frequently people go round again and again.

"In the UK it is easier to set up a new business than it is in mainland Europe and certainly there's a choice of how to do it.

"The majority are sole traders but you can have your own little limited company, you can have a partnership or a limited liability partnership.

"So the UK certainly has a fairly positive landscape in terms of setting up a new business.

"The challenges aren't legal - the challenges are loneliness, technical updating, access to finance and things like that.

"Personally I have been self-employed for a couple of decades now but I used to run a business support organisation that was funded to help people start their

businesses. I was full of admiration for my clients in the sense that going it alone was a very brave thing to do. Being a start-up business is a lonely and challenging thing but it has many benefits if you do survive the first year."

It is no secret that small businesses are incredibly diverse given the wide range and number around in the country.

But while some factors have helped them continue over the last decade the loss of confidence, particularly from banks, has left many people wanting to launch a start-up scrambling for finance. "Low interest rates to an extent were very helpful as you had

an environment where money was cheap but you also had a problem with business finance," said Mr Mealing.

"The big banks really don't want to know about loans to small business because small loans are too expensive to service. I have always marvelled at the fact that it is easier to borrow half a million pounds than it is £50,000. The bank will want to put in

place a structure to monitor performance and for a small loan it just isn't worth it.

"Sources of finance have been difficult and a lot of my colleagues in the FSB would have used their

The sector has grown and added significantly to amazingly high levels of employment

Business expert  
Michael Mealing

own personal finance." He added: "It's not a bad time to launch a start-up because times of change always present opportunities.

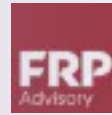
The big problems about Brexit - whatever side of the argument one takes - is in the short term there will be some disruption and additional difficulty with international trade.

"Three quarters of small businesses are not overtly involved in international trade. But the home market may respond to changes that make it more difficult for foreign competitors to operate in the UK.

"There will be opportunity but for people who are involved internationally, or people here in the East of England, employing seasonal labour in something that will probably have additional bureaucratic procedures that add up to an administrative burden to find people to pick carrots in East Anglia or something similar."



## BUSINESS

in association with **Birketts****RickardLuckin**  
Chartered Accountants and Tax AdvisersTRADERS WANT MORE SUPPORT  
AND LOWER RATESJim and Beth Crozier from  
Counter Culture GamesIntense Records,  
run by Jon Smith,  
is on Viaduct Road,  
near the station...But it's not all fun and games  
if you run an independent shopBy **SOPHIE FINNEGAN**sophie.finnegan@reachplc.com  
@sophiefinnegan

**H**AVING the courage to take the plunge and start your own business can be a terrifying prospect, especially in today's financial climate.

But when even major chains are struggling to stay afloat, how can smaller independent businesses keep their heads above water?

This year has already seen the closure of several major chain stores including BHS, Prezzo, Toys R Us and House of Fraser.

And independent business owners in Chelmsford have now had their say on the matter, claiming extra council support and lower rates would all help them carry on trading for the foreseeable future.

For Jim Crozier, co-owner of Counter Culture Games on Baddow Road, one of the main issues is the high business rates which has

become a problem for his first year of trading.

When Jim was out of work and struggling with depression, he sought inspiration from a board game shop and decided to take the plunge and start up his very first business.

He said: "I remember going to a games shop and just thinking I would love something like this in my hometown so I thought I would give it a go.

"I don't have any experience with financial planning so we did have to get help from family, friends and people that have experience in this. It is growing but it is hard work.

"One of the main issues for us is the business rates - they are very expensive, which is to be expected when you're so close to London. There is business relief but we have got quite a large site, which we got for quite a reasonable rent, but because it is a large site, we

don't qualify for business relief even though I'm not taking home a massive amount.

"I think the other thing that would really help us is more support from the council and collaborations with other independent businesses. On our road it's quite good because people who come in to our shop will often go to the independent restaurants like Moto Pizza nearby as we can't serve food."

But despite the relative success of Counter Culture Games, the closure of some of the UK's biggest chains still plays on his mind.

"I think the biggest closure that worried me was Toys R Us," he said.

"From what I understand, I think the management wasn't that great but a lot of people are shopping online now so that's why we try to offer something different. It's not a good indication thought that major chains are struggling."

Intense Records is a drum and bass, Dubstep, CD and Vinyl record shop located on Viaduct Road.

Its founder, Jon Smith, also criticised the rates in the city, claiming the rent for shops on the High Street is too expensive for him.

He said: "One of the biggest problems for me is the High Street rents. We are quite tucked away here and nobody knows we are here and even if they do, nobody wants

to walk to our shop, they'd rather just go to the High Street.

"We did a pop-up shop and we had so many people come out and a lot were saying they didn't know we were here - but I've been here 15 years.

"I can't afford the High Street rent, it's so expensive.

"We're not even allowed to advertise on the High Street. I can't afford to be in our city.

"The road we're on is always full of taxis because it's right next to the station so a lot of our customers cannot park.

"It does kind of worry me that even big chains can't make it work but I guess it's just down to not enough people using high streets. I have two younger members of staff here and I think they'd rather do their shopping online.

"I do think with these big chains that they're not adapting to what is going on at the moment."

We don't qualify for relief even though I'm not taking home a massive amount

Jim Crozier of Counter Culture Games



# Great chance to network is now just weeks away

**Ambition  
2018  
Conference**  
Boost your Sales & Marketing

**E**XCITEMENT is building among ambitious firms across the region as the eagerly awaited Ambition 2018 event is now just a matter of weeks away.

Offering a chance to learn from experts in the field, the event is a one-day sales and marketing conference that will be held on Wednesday, November 14 at the Spotlight in Hoddesdon.

The organisers said: "This one-day sales and marketing conference is a community event, sponsored and organised by local businesses for local businesses. It's a fantastic opportunity to network with fellow professionals from Broxbourne and the surrounding areas.

"What's more, there's a packed agenda with inspiring talks from several high-quality speakers."

SWCO Financial Planning, which is based in Ware, is one of the firms that are sponsoring the event.

Dave Brown, a senior paraplanner at the firm, said SWCO is committed to "providing totally independent and holistic financial advice" and "finding the right combination of investments, products and tax wrappers that balance cost, risk and flexibility to help our clients meet their financial and lifestyle goals".

He added: "Our aim is to provide a comprehensive wealth management service on a very personal basis, overseeing clients' savings and pension portfolios with a clear and tightly managed investment philosophy and process. We meet with our all our clients at least annually to review their

**FINANCIAL EXPERTS AT SWCO ARE  
AMONG THE EVENT SPONSORS**



The SWCO Financial Planning team is sponsoring the Ambition 2018 conference

circumstances to ensure they are still on target."

Dave added: "Between us we have a wealth of experience with over 50 years advising clients, which allows us to offer a comprehensive range of services to our clients."

"A core focus of SWCO is based on delivering a high level of customer service and we work closely with DSCO Chartered Accountants to deliver an all-round financial and account planning service to all of our clients."

■ To book tickets for the event, which will take place from 9.30am to 4.30pm, visit [www.ambition.events](http://www.ambition.events). Tickets are available until Monday, November 12.

There's a packed agenda with inspiring talks from several high-quality speakers

Ambition 2018 organisers

## How SWCO can help improve your finances

**WE (SWCO) offer an initial discussion without charge, at which we discuss your objectives, describe our services and explain the payment options. If you do decide to proceed, we will follow a six-stage process in providing Financial Planning and Asset Management advice to you as summarised below.**

■ **Phase 1 - About You**  
We meet together to discuss your personal circumstances and your current financial situation. We'll explain how all of this information builds a profile which will help us to formulate our financial plan.

■ **Phase 2 - Your Goals & Ambitions**  
Next we discuss your objectives, goals and aspirations. We'll discuss risk and reward and capacity for loss which together will result in formulating our investment recommendations.

■ **Phase 3 - Analysis**  
We'll discuss with you our analysis of your current financial position, present our recommendations and actions required for you to potentially achieve your goals.

■ **Phase 4 - How to get there**  
In this phase we present your Personal Financial Plan which

maps out the journey to your destination. We discuss how your existing finances can be utilised towards the achievement of your financial goals.

■ **Phase 5 - Implementation**  
Every course of action we have recommended and agreed with you is now put into motion.

■ **Phase 6 - Review the Plan & Progress Updates**  
We agree with you periodic (at least annually) review dates to enable you to clearly see progress towards reaching your financial goals, and for us to make any course adjustments that may be required.



Hammerhill Studios, Thaxted

**To Let**

1,789 sq ft character office in attractive rural location. On-site parking.



12A South Street, Bishop's Stortford

**To Let**

1,060 sq ft retail unit in prime position. To be let as an empty unit.



Joseph Rank House, Harlow

**To Let**

Three retail units (670 – 5,000 sq ft) close to the Harvey Centre and parking.



28 South Street, Bishop's Stortford

**To Let**

2,164 sq ft retail unit in High Street location. Close to public car parking.



Westgate House, Harlow

**To Let**

834 – 2,320 sq ft office suites in town centre. Close to local amenities and ample parking.



31 Raynham Road, Bishop's Stortford

**To Let**

2,605 sq ft trade counter unit with office space. Popular estate close to M11/A120.



Kenyon House, Bishop's Stortford

**To Let**

Ground and second floor office suites from 80 sq ft (second floor can be let as a whole).



143 High Street, Waltham Cross

**To Let**

3,668 sq ft ground floor retail unit in High Street location. Suitable for a range of A1 to A5 uses STPP.



The Greens Building, Stansted

**To Let**

1,934 sq ft offices in High Street location. Character property.



5 Myson Way, Bishop's Stortford

**To Let**

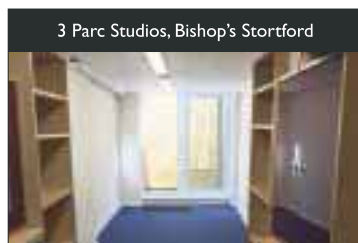
11,483 sq ft modern industrial unit. Good location for M11, A120 and Stansted Airport.



Unit E5 Harlow Business Centre

**To Let**

240 sq ft open workspace in excellent location. Secure site with parking.



3 Parc Studios, Bishop's Stortford

**To Let**

185 sq ft modern, self-contained office ideal for one or two people. Independent access.



1st Floor, 72 South Street, Bishop's Stortford

**To Let**

150 sq ft office over two rooms. All-inclusive terms. Short walk to town centre and mainline station.



Peek Business Centre, Bishop's Stortford

**To Let**

597 sq ft first floor office suites. Brand new, self-contained with parking.



Yard at High Pastures, Hatfield Heath

**To Let**

2,145 sq ft secure gated yard with CCTV in good location.



## BUSINESS

in association with **Birketts****RickardLuckin**  
Chartered Accountants and Tax Advisers

# Firms need to prepare themselves for Brexit

**T**HE topic of Brexit is constantly in the news and whilst many may have lost track of the details, businesses do need to consider the impact that any final agreement with the EU will have on their business and its bottom line.

Possible issues could include:

- New or increased trade tariffs which may be payable on both imports and exports. These could apply to raw materials, components or finished products, as well as increased logistics costs.
- Continued fluctuations in currency – this may have an impact on the cost of goods or services and therefore increase competition pressures.
- Freedom of movement for

Is your business ready for Brexit? **Rina Sond**, Partner and Head of Company and Commercial Law at Longmores Solicitors, asks business leaders to prepare to minimise the impact on their firms.

**LONGMORES**  
Solicitors LLP

workers – this could make it more difficult or even prevent EU workers from working in the UK, or vice versa. This could be tricky for those jobs where there is a skills shortage.

- Changes in law and regulations – EU regulations won't apply directly to the UK any more, so the UK may make legislative changes

that depart from existing EU-derived law.

Businesses should be reviewing their existing contracts, to ensure they provide sufficient flexibility to amend the terms, should any Brexit changes have a negative impact on certain business arrangements.

In particular, businesses should ask themselves which party to a contract will bear any additional obligations and costs which may arise as a result of Brexit. How can firms limit their liability and how

easily can they terminate a contract if Brexit changes will negatively affect it? Would a force majeure clause work if a firm wished to end a contract?

Commercial lawyers across the UK are beginning to draft 'Brexit clauses' into contracts in order to limit any risks. Businesses cannot ignore the impact that Brexit will inevitably have on trade and should plan accordingly.

- Should you require any help with any of these matters, contact Rina on 01992 300333 or [rks@longmores-solicitors.co.uk](mailto:rks@longmores-solicitors.co.uk)



Rina Sond, of Longmores Solicitors

## WORK MEET GROW

### HAVE YOU TRIED OUR BUSINESS NETWORKING?

Our **Go Meet** networking breakfasts are held monthly at Thremhall Park in Stansted, The Officers' Mess in Duxford, and CB1 Business Centre in Cambridge. The meetings run from 8am until 10am, with mingling and networking for the first and last half hour, with structured introductions and a short presentation from the sponsor in between. This is a great opportunity to meet some of the tenants based within our centres.

There's a lot of business being done in these meetings, but you will still find them relaxed and enjoyable.

Come along and try for yourself, we hope to see you there! For more information and to book your ticket:

#### To Book Your Place Visit:

[mantlebusinesscentres.co.uk/go-meet](http://mantlebusinesscentres.co.uk/go-meet)

**Call:** 0333 00 66 330

**Mail:** [hello@mantlebusinesscentres.co.uk](mailto:hello@mantlebusinesscentres.co.uk)



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